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Equilibrium Dynamics is a nonprofit educational organization dedicated to teaching adults and children how to build a life in which feelings empower – rather than sabotage – relationships, activities and careers.



A SUMMARY OVERVIEW OF THE EQD APPROACH

Personal & professional successes require all 3 aspects of emotional competence skills.

Emotional Competence Concepts, Dynamics & Principles divided into 5 steps:

□ **A. Prerequisite: Emotional literacy:**

Fluency with feelings at the appropriate level

□ **B. Steps (1,2,4 & 5) & aspects of Intrapersonal competence: (Inside, self)**

1. Self Awareness,

Communication -verbal & non-verbal,

Feeling Management

Diversity: you in context of others, e.g. size, style,

Dream Interview method of dream interpretation

2. Self-Development:

Identity

Change from Grief & Loss, &

Decisions,

Dependency-interdependency-independence

Balance in Life

3*. Relationships: Essential skills and aspects for success

Basics of relationships

Facets of relationships

Relationship Skills

4. Self Responsibility:

Autonomy: Paradox of freedom, discipline, self reliance, initiative

Plans & Structure: End result desired goal, time, self assessment

Leadership: community, limits, judgment, (good & bad)

Values & Judgments: integrity, privacy, power, sex, \$, politics

Spirituality & religion

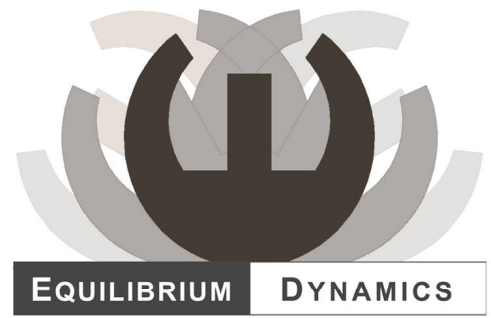
Physical & Mental Health; Lifestyle: choices & peace of mind.

5. Reflection

Journaling

Meditation

Review



Emotional Competence in Action

C. Details of Step 3 and aspects of **Interpersonal competence** (outside, relationships)

[In application, this vast step fits best into the middle of intrapersonal competence, hence the numbering as step three.]

3. Relationships: Essential skills and aspects for success:

Basics of relationships:

- Emotional connection: family, intellectual, political, etc.
- 3 parts: self, transaction, other person
- Sequential process
- Content & process: locate the issues & rank importance to you
- Motivation vs. impact: always distinguish
- Context: Medical school e.g. exams, fatigue, drain etc.
- Etiquette: family expectations from precedents
- Power Dynamics: who's really in charge of your life?
- Physical transactions

Facets of relationships

- Type & Levels of intimacy: not the same as responsibility
- Boundaries: emotional love can be limitless; practical help/presence is not
- Vulnerability: where's yours? Make the list...rank them
- Institutional relationships: med school is interested in your performance here!
- Family relationships

Relationship Skills

- Setting goals: what kind of relationship do you want this to be?
- Multi tasking: *a given with relationships: you, the other person(s), interactions*
- Communication: key to management: articulate your goals
- Other awareness: Situational awareness + other person: keep central
- Observation: of actions, non actions, verbal and indirect messages
- Relationship maintenance: establish connection, reestablish, maintain, end
- Processing an interaction: Monitoring Communications: in & out, verbal & non
- Conflict Resolution:
 - Manage disagreements
 - Transgressions, reparations & amends
 - Forgiveness is not a right: for you or others (see motivation-impact)
 - Negotiate win-win (vs. win-lose, lose-lose) when possible
- Limit setting: at home & at work so that there is also time for YOU
- Goodbyes (Termination): clean disengagements after every contact & plans