

Personal Development Emotional Intelligence

O people, take charge of the disciplining of yourselves and redress them from the wildness of their habits.

Imam Ali (a), Scale of Wisdom, H#6194

Understanding Emotional Intelligence

Ability to

- 1) Identify your emotions – self awareness
- 2) Manage your emotions – self regulation
- 3) Harness or redirect emotions
- 4) Feel the emotions of others
- 5) Help others manage their emotions

Emotion in the Quran

- The Quranic message encourages believers to cultivate specific emotional attachments.
- Expressing emotion is part of the practices of a true believer. The priority is emotional attachment to Allah.
- Control of emotions is to redirect emotional attachment from the self, family, worldly goods, etc. to God and His expectations from us.

Emotional Control

- We should not express all the emotions we feel.
- All emotions must be second to emotion for God.
- We control what is not in line with servitude to God.
- Emotional control is working against certain emotions in order to do the right thing, for the sake of God.
- The result is a more noble self worthy of its Creator.
- What is suppressed is as revealing as what is expressed.

Emotional control in the Quran

Not giving in to passions

فَإِنْ لَّمْ يَسْتَجِيبُوا لَكَ فَاعْلَمْ أَنَّمَا يَتَّبِعُونَ أَهْوَاءَهُمْ ۖ وَمَنْ أَضَلُّ
مِمَّنْ اتَّبَعَ هَوَاهُ بِغَيْرِ هُدًى مِنَ اللَّهِ ۗ إِنَّ اللَّهَ لَا يَهْدِي الْقَوْمَ
الظَّالِمِينَ

Then if they do not respond to you, know that they only follow their desires, and who is more astray than him who follows his desires without any guidance from Allah? Indeed Allah does not guide the wrongdoing lot.

Sura Ankabut, no. 28, verse 50

Controlling anger

الَّذِينَ يُنْفِقُونَ فِي السَّرَّاءِ وَالضَّرَّاءِ وَالْكَاظِمِينَ الْغَيْظَ
وَالْعَافِينَ عَنِ النَّاسِ ۗ وَاللَّهُ يُحِبُّ الْمُحْسِنِينَ

Those who spend in ease and adversity, and suppress their anger, and excuse the people, and Allah loves the virtuous.

Sura Aale Imran, no.3, verse 134

Emotional control in Hadith

1) As for self-restraint, from it branches out satisfaction, resignation, good fortune, comfort, a sense of evaluation, humbleness, a sense of remembrance, contemplation, magnanimity and generosity. These are the many ramifications for the intelligent man who practices self-restraint and is satisfied with Allah and with his share.

Holy Prophet (s), Tuhaf al-Uqul, H#17

2) He who practices self-restraint, his burden decreases and his worth in Allah's eyes increases.

Imam Ali (a), Ghurar al-Hikam, Hadith #4597

3) Whoever cannot control his anger cannot control his intellect.

Imam Sadiq (a), Bihar al-anwar, v.78, p.255

Emotional intelligence – The Mental Process

- 1) Stimulus (internal or external event)
- 2) Assessment of stimulus (initial thought)
- 3) Reaction to assessment of perception (emotion)
- 4) Physiological response
- 5) **Cognitive response (continued thoughts)**
- 6) Behavior

Emotional Intelligence – The Practical Process

- 1) Recognize the emotion.
- 2) STOP
- 3) Connect with God and your personal vision for yourself.
- 4) Replace the thought behind the emotion.
- 5) Keep thinking about the replacement thought.
- 6) Thank God for the tawfiq.

Scenario

A friend walks right past you without acknowledging you.

You think . . .

You feel . . .

You continue to think . . .

You do . . .

Dua to help increase emotional intelligence

رَبِّ اشْرَحْ لِي صَدْرِي وَيَسِّرْ لِي أَمْرِي
وَاحْلُلْ عُقْدَةً مِنْ لِسَانِي يَفْقَهُوا قَوْلِي

O my Lord! Expand my chest for me
and make my affair easy to me,
And loosen the knot from my tongue
that they may understand my word

Sura Taha, no.20, verses 25-28