

Making Strides towards SELF-AWARENESS

SELF-AWARENESS IS AN ESSENTIAL STEP OF EMOTIONAL INTELLIGENCE. IT TEACHES WAYS TO IDENTIFY ONE'S EMOTIONS, TO BE MINDFUL OF THEIR TRIGGERS AND ITS IMPACTS.

By **Kanchan Rai**

Emotional intelligence is the ability to understand and manage emotions in a positive way. It tends to fuel one's performance on the personal as well as professional front. Here are some tips that will guide you to work on your emotional intelligence. Not only will it help you to develop a level of self-awareness, but also aid in making a positive difference in your life while you grow as a person.

Learning to identify your triggers

One needs to identify the triggers. When you identify what bothers you, you can take action to protect your mental health. By identifying, it can lead you to an improved emotional intelligence. This lets you develop the skill to manage the outcome. It not only helps to take charge of your actions but also bestow you the ability to calm down.

Never judge your feelings

Being judgmental about your feelings tends to lose the ability to regard them and be mindful of them. Looking at the emotions just the way they are, will lend an opportunity to seize it. It helps to find out what your mind has been trying to tell you.

You must question your opinions

It is always easy to fall into an 'opinion bubble'. It is important that you must take ample time to read the other side of the story and have your views tested. This will help you to express more and open up to new ideas.



Pay attention to your behavior patterns

You must consider observing your behavior while you are practicing your emotional awareness. The patterns in your life will try to tell you something. Note the way you tend to act on certain feelings, and the way that affects your daily life. Once you are more aware, handling these emotions becomes effortless.

Always celebrate the positive

An important aspect of improving self-awareness is to celebrate and reflect on the optimistic life moments. By pointing out the positive, you are actually starting to train your brain to focus on other positives. Reflecting on negative emotions is also important to deal with undesirable issues in the future.

Meditate your mind

Mindfulness changes your brain for the better and meditation can help increase your level of self-awareness. One of the finest ways to know more about how your thoughts function.

Have faith in your intuition

You must believe your instinct and must trust your gut feeling. This will allow your subconscious mind to guide you through the right direction.

Look at yourself objectively

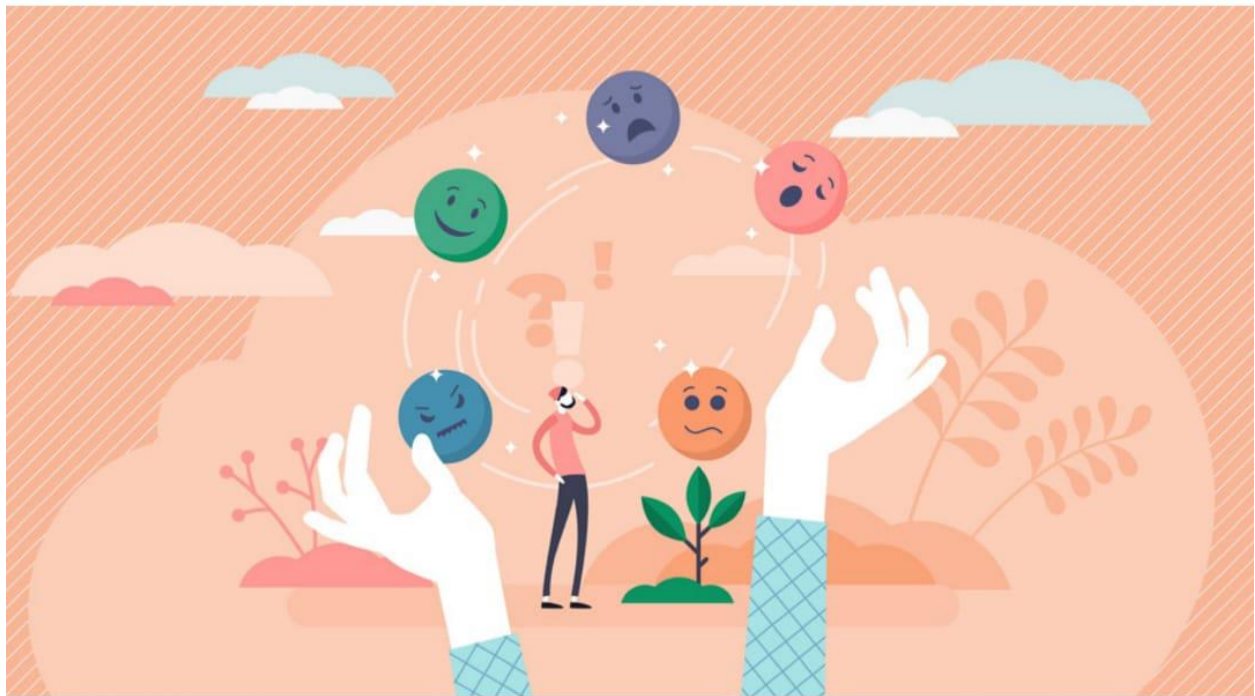
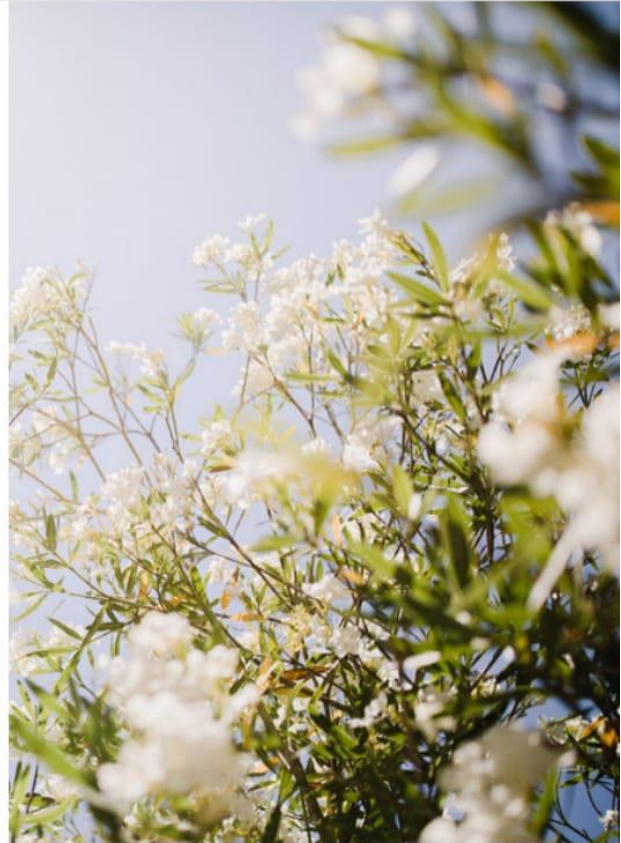
It is difficult to know yourself completely, hence getting to understand yourself from those who know you are vital. Ask them about your strong points and also weaknesses and compare it yourself as this will help to accept yourself.

Come out of your comfort zone

Trying new things, as not challenging yourself, frequently is one of the greatest barriers in knowing your potential. Instead of pushing emotions away, you must guide yourself and you should expand your horizons. This will not only help you to live a fuller life but also live to a higher potential.

Identifying cognitive distortions

This is the most important step of fixing any problem. A major source of an absence of self-awareness is incorrect emotional habits. By learning to recognize these patterns of inaccurate thinking, you can find a link between your thoughts and feelings.



Contributors



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A couple who loves to travel, binge on exquisite cuisines, and explores the soul of a city through its food and drink.



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