

Emotional Health IQ – Self-Evaluation

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Emotional Health is difficult to evaluate between individuals as there are few applicable or measurable standards to compare one's self to. The following is an attempt to apply principles first enumerated in my book, *Emotional Honesty & Self-Acceptance* (2000). Further information about the book can be found at this link on our coping skills website: http://copingskills4kids.net/Emotional_Honesty.html.

Which of the 20 statements do you agree with as being part of *your personal truth*? Do you honestly believe in each principle as it applies to your way of coping with life's challenging experiences? Circle the number for those items *you feel require more work* to develop as part of your emotional health coping process for overcoming adversity.

A. Relationships

1. I am able to listen to ask others talk about their real feelings with not just sympathy, but empathy. As they talk about their emotional truth I can do this without making judgments about their feelings.
2. I am able to talk others in distress *into* their feelings, rather than try getting them *out* of their pain or grief.
3. I can help those I care about to honor their feelings, despite their pain, and mirror their feelings back to validate their emotional truth – no matter what it is.
4. I try to not “fix” those who are emotionally wounded or devastated. But rather my role is to help them own and accept the wounds they suffer as legitimate responses to emotional pain.
5. I encourage emotional honesty from those close to me by acknowledging their pain and supporting them to take responsibility for healing and getting over it.
6. The most important relationships to me are those with people who help me honor my feelings and value my emotional honesty.

B. My Relation with Myself

1. I act and believe that my feelings are what help tell me who I really am.
2. My hurt feelings are my responsibility, requiring me to find the truth midst my pain.
3. I can honor my feelings of *vulnerability* without judgment or shame.
4. I am sensitive to others' feelings, but am not *responsible* for how they feel about themselves.
5. Even if my parents may not have honored my feelings, I will not continue the chain of emotional deceit with myself, my partner, or my children.

6. Though it is instinctive to use defenses to keep from acknowledging my vulnerability, I choose to embrace it as part of my humanity, without blame or shame.
7. I realize that I am not always emotionally honest with myself. I sometimes hide my emotional truth, which keeps me in anger, resentment or self-pity.
8. I release the pain of each new wounding experience by forgiving myself for my shame of being hurt, and by forgiving others whom I may blame for my own pain.
9. Feelings are an important part of my humanity. By honoring my feelings without judgment, I affirm them and thereby increase my emotional capacity to honor the feelings of others.
10. I refuse to play “victim” and blame others for my own feelings. I realize this is a manipulative process that keeps me from being responsible for healing my own hurt feelings.
11. I am worthy of love and happiness, and am mostly able to hold onto those joyful feelings without having them dissolve once I begin to experience them.
12. I realize when my coping capacity is being challenged *beyond my immediate ability to recover*. In those situations I will seek and accept support without feeling excessive shame or stigma.
13. My obligation to myself is to be at one with myself and my ability to see myself clearly with all my flaws and imperfections. I can accept myself, including my faults.
14. I realize my sense of self is constantly evolving in new directions. This means I am an unfinished person who strives to test the limits of my awareness and abilities to help myself and others.