



How to turn a teen into a machine

The development of emotional intelligence by Simon Moss



Emotional Intelligence
A Journey to the Source



Randall



Dominic



Peta



Paul



Randall

- After you commit mistakes, be tough on yourself rather than complacent
- Recognize that worry is a choice—you never need to worry
- To reach a decision, always trust your first instinct or weigh the pros and cons

- When deciding between options, compare all the alternatives as carefully as possible
- Set specific targets, like “I will lose 5 kg”
- Always be as optimistic as possible. Do not reflect upon the obstacles that could unfold



- You deserve to be as relaxed as possible—do not spend time on stressful activities
- Force yourself to exercise several times a week, regardless of how you feel
- Never tell people that you doubt yourself



Peta

- Never dwell on your past traumas
- Always release your anger; otherwise you might one day explode with rage
- People who have mistreated you do not deserve to be forgiven



Paul



Randall



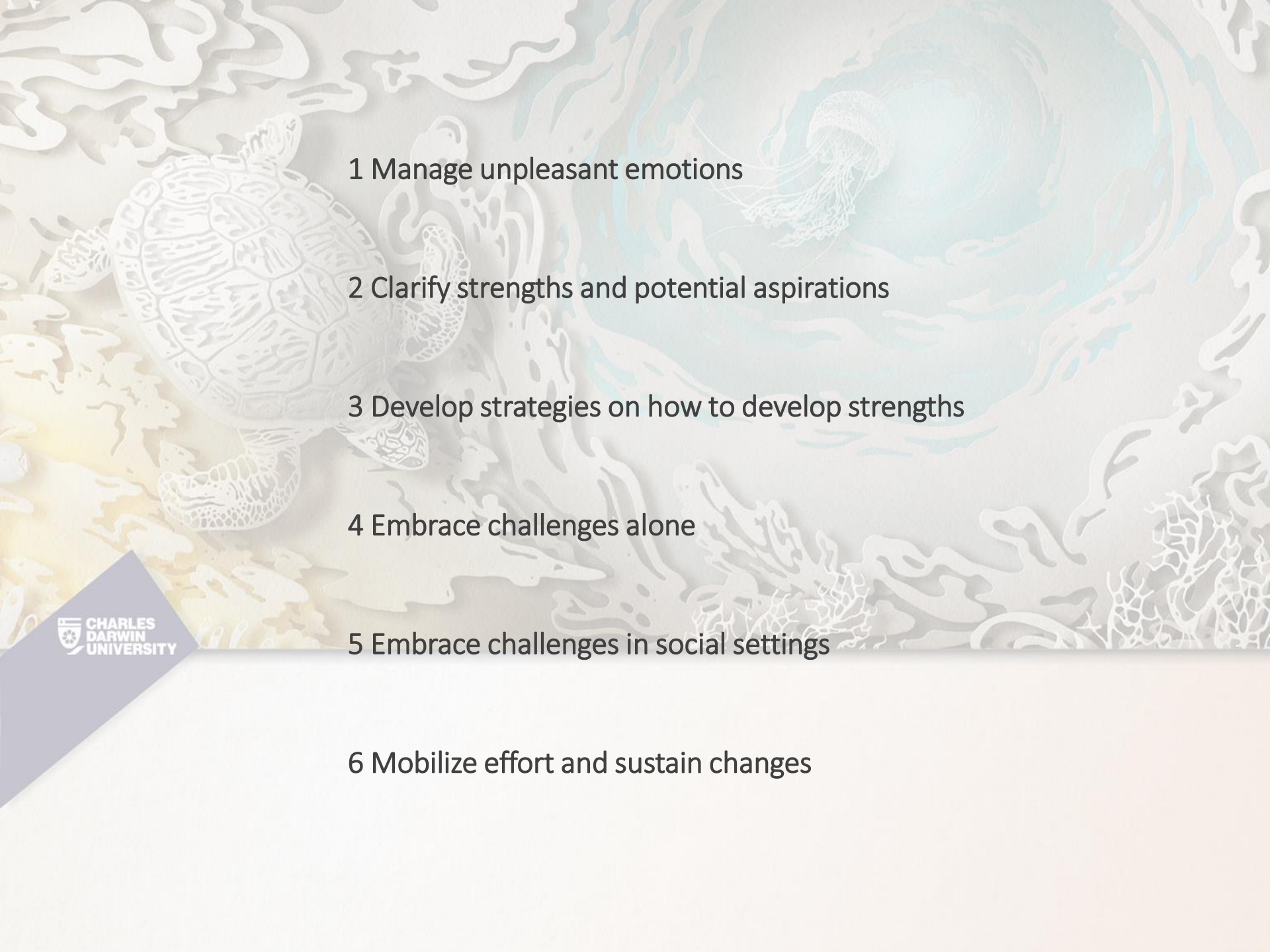
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1 Manage unpleasant emotions

2 Clarify strengths and potential aspirations

3 Develop strategies on how to develop strengths

4 Embrace challenges alone

5 Embrace challenges in social settings

6 Mobilize effort and sustain changes



- Orient your attention to supportive people



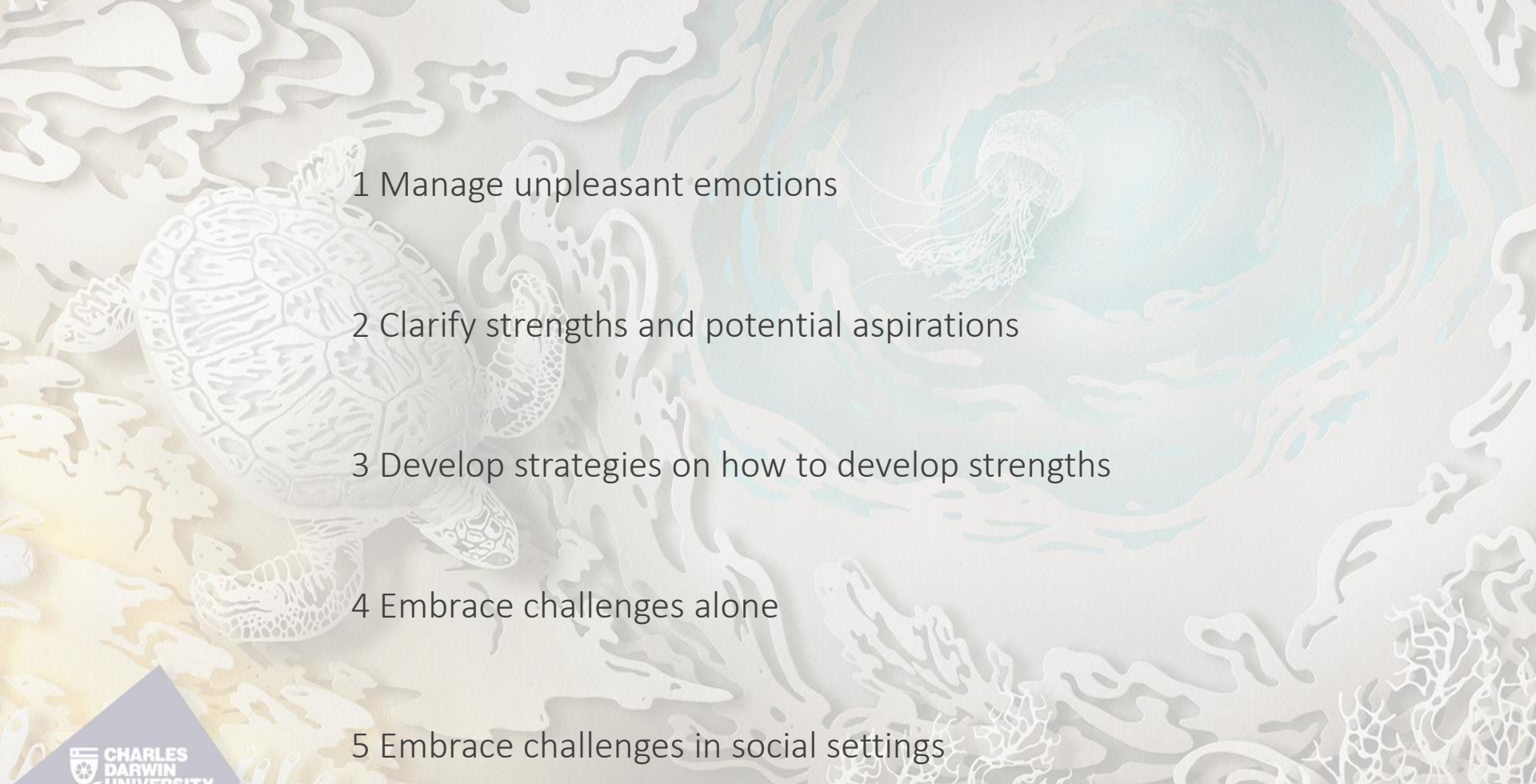
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- Label and magnify rather than shun symptoms of anxiety



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- Integrate to uncover provisional aspirations that will evolve over time



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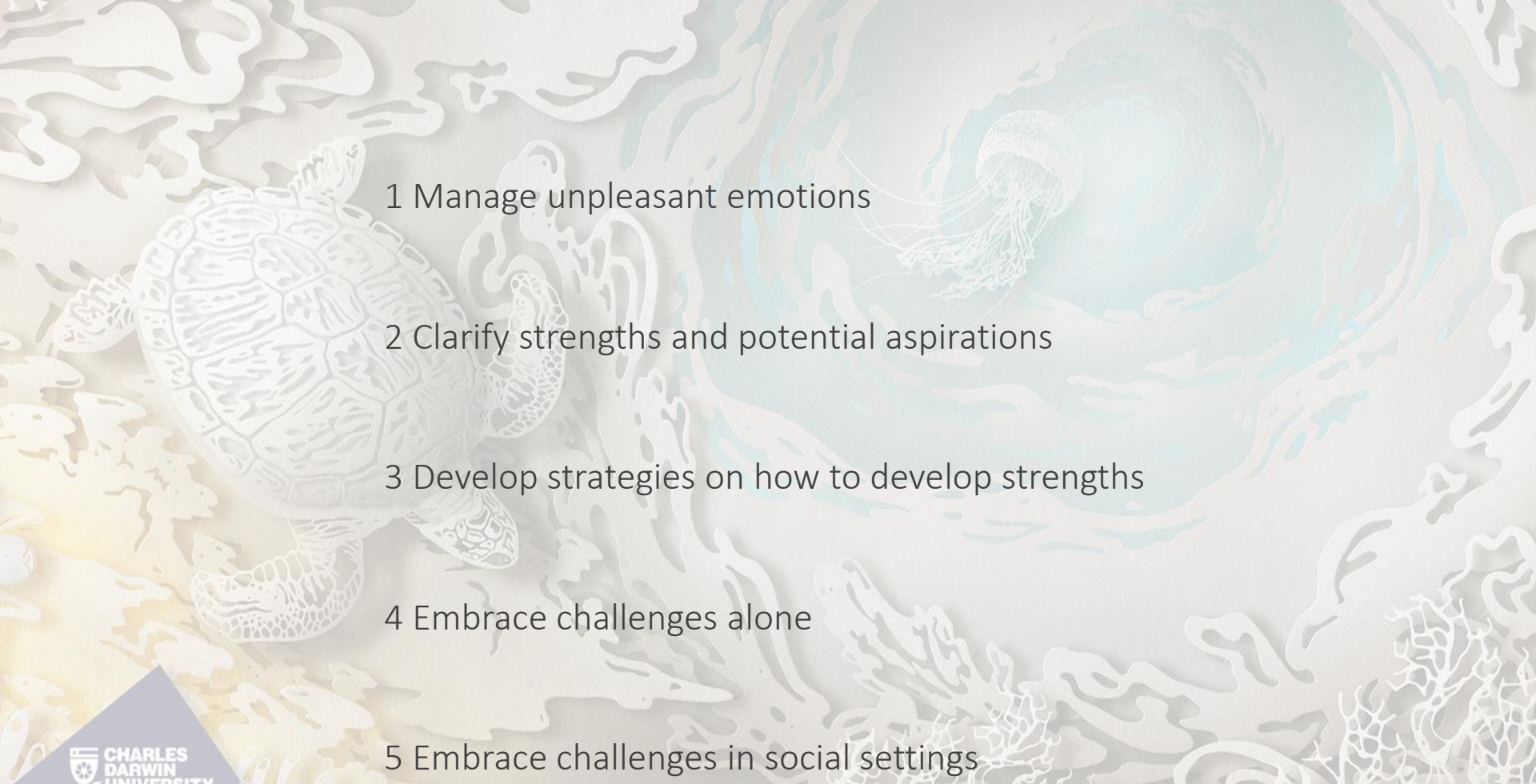
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- Set timelines alone and privately



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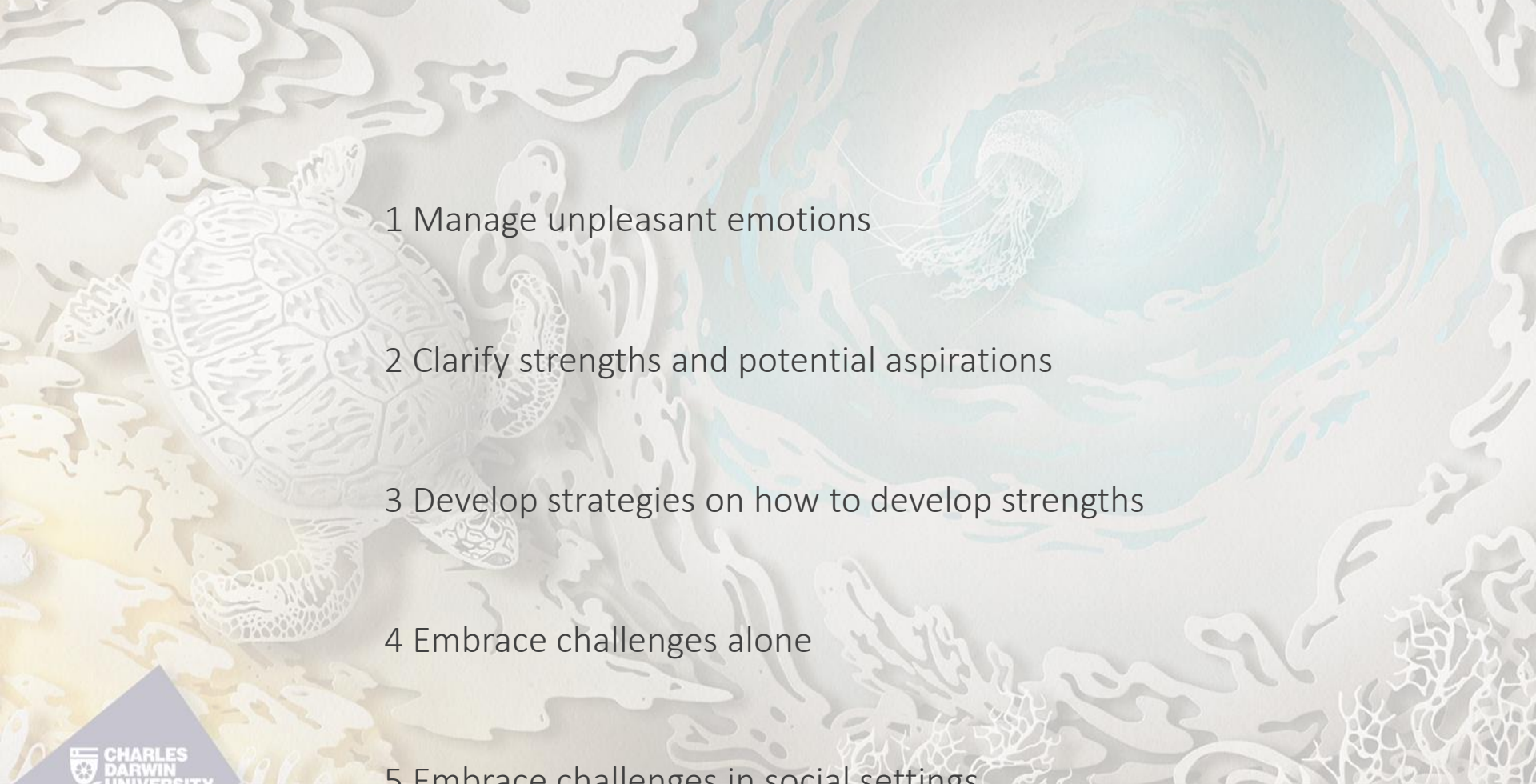
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- Exercise should involve social interactions, skills development, or a sense of freedom
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- Write about the emotions and insights from past traumas



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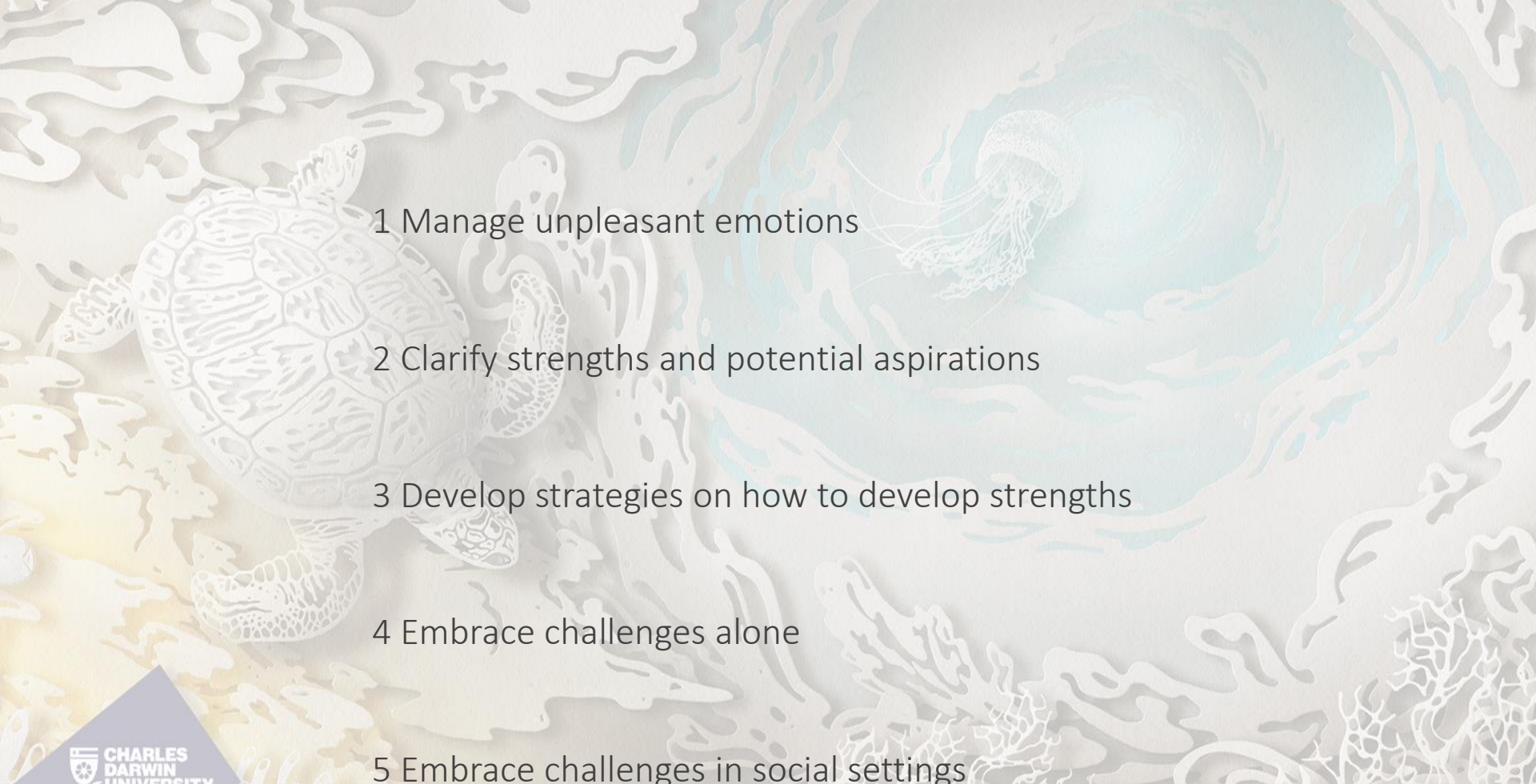
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- Imagine the challenges the other person might have experienced to foster forgiveness



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- Learn how to sleep



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