



Cancer SEASON:

# 5 DAY CHALLENGE: Emotional Quotient

EQ Challenge: creating connection and using triggers as your teachers.

Before beginning, evaluate your support system. Make a list of everyone you interact with- friends, co-workers, family, etc.

Recognize who is supportive, empowering, inspiring, and encouraging vs. those who are not.

Spend 5 days reaching out/checking in with at least one friend (supportive) and one family member per day- can be different or the same people everyday- creating a “family” outside of your biological family is important for your emotional health and feeling of safety and well-being. Having a healthy supportive relationship with the family you grew up with is also important (as long as it’s not toxic).

Choose one of the following to do everyday with a family member or friend:

- 1: Do something for someone just for them without wanting anything in return.
- 2: Let the trigger be your teacher:
  - Find the story/the narrative behind your negative emotions/triggers- especially with people that are close to you/mean a lot to you.
  - When you feel the reaction of negative emotions, pause and remember the first time you felt that same feeling. Find the story/the narrative/the memory/the old pattern before you make any decisions or act in any way.
  - Realize It’s your choice.
  - Stop blaming others for how you feel. You can choose how you respond and how you deal with feelings.
3. Take on a challenging conversation - maybe long overdue or maybe a current situation has come up. Express a painful emotion appropriately. Use I statements only. Use feeling words. Non-blaming, non-reactive.
4. Get others' perspectives and use criticism to grow. Practice NOT taking anything personally, no matter how it is delivered.... Seek honest feedback. Take it all in as positive information. Notice any emotional reaction and override it!

