

The RHUME™ model of Emotional Intelligence

by Johanna Vanderpol

Recognizing your emotions

- where in your body do you feel it
- what does it feel like (description of body sensations)
- what would you name it
- the Stop and Feel It exercise

Honouring your emotions

- suspend negative self-talk
- replace with kind self-talk
- negotiate with “the gremlin”
- the Gremlin Dialogue exercise

Understanding your emotions

- identify your belief systems
- test your belief systems
- replace maladaptive beliefs
- the ABC exercise

Managing your emotions

- get adequate food, rest, sleep, relaxation and exercise
- create an unhurried life
- do less
- surround yourself with supportive, loving people
- the Gratitude exercise

Expressing your emotions

- express your emotions verbally with tact, in written form and through art
- use moderation in expressing your emotions
- learn impulse control
- the Journaling exercise

- *sign up for the free monthly emotional intelligence newsletter*
- *order the new book “Honouring Your Emotions: Why it Matters”*
- *schedule a free 30 minute coaching session*
- *access resources that will support you in honouring your emotions and eliminate negative self-talk, visit Johanna’s website:*

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This website is continually being updated