

# EI and Spiritual Discernment – Making the connection

Crescendo Connect – July 21, 2021

Anne Papinchak, PCC, M.Ed.

| Ignatian Process for Discernment   | EQ-i <sup>2.0</sup> Subscales   |
|--|---|
| <b>IDENTIFY</b> the decision that faces us or the issue we need to resolve.  | <i>Self-Regard, Problem Solving, Emotional Self-Awareness</i>                                     |
| <b>EXAMINE</b> the underlying values (human, Christian, spiritual) and personal concerns involved  | <i>Self-Regard, Self-Actualization, Emotional Self-Awareness, Social Responsibility</i>           |
| <b>STRIVE</b> for Ignatian indifference: Ever ready to embody the love of God in any way we can, but we must have the inner discipline to wait and to withhold action until we get an indication of directionality from God. | <i>Independence, Assertiveness, Reality Testing, Impulse Control, Optimism</i>                    |
| <b>Take time</b> to pray over the matter, paying attention to how we are being drawn or led.   | <i>Emotional Self-Awareness, Reality Testing, Impulse Control, Stress Tolerance, Flexibility</i>  |
| <b>MAKE</b> a choice based on both the results of our “head work” and the “heart work.”  | <i>Self-Regard, Emotional Self-Awareness, Problem Solving, Self-Actualization</i>                 |
| <b>DISCUSS</b> the matter with a Spiritual Companion   | <i>Self-Actualization, Interpersonal Relationships, Emotional Expression, Assertiveness</i>       |
| <b>DIALOGUE</b> with those who will be intimately affected by the decision being made.   | <i>Emotional Expression, Empathy, Interpersonal Relationships, Assertiveness, Reality Testing</i> |
| <b>LIVE OUT</b> our decision with courage hope and trust.  | <i>Flexibility, Stress Tolerance, Optimism, Self-Regard</i>                                       |

## EQ-i<sup>2.0</sup> Model of Emotional Intelligence

