

UNDERSTANDING EMOTIONS

Emotional Intelligence Cards



EMOTIONS AS DATA

This feeling isn't a problem to
fix; it's feedback.



ACTION

Ask: "What information is this
giving me?"

EMOTIONAL INTELLIGENCE CARD

LEARNING TO SURF

You can't stop the waves of
emotion from arriving.



ACTION

Your goal isn't to stop them,
but to learn how to surf them.

THE MYTH OF CONTROL

Suppressing feelings is like
holding a beach ball underwater.



ACTION

Let yourself notice the feeling without
needing to act on it immediately.

EMOTIONAL VOCABULARY

Emotional Intelligence Cards



NAME THE WEATHER

Most of us use a three-word forecast: happy, sad, mad.



ACTION

Find one more specific word for how you feel right now. Is it content? Discouraged? Irritated?

BEYOND "MAD"

Being "mad" could mean you're irritated, resentful, or furious.



ACTION

Getting specific gives you the clarity to respond wisely.

EMOTIONAL INTELLIGENCE CARD

SHARE WITH CLARITY

"I'm fine" is a wall. "I'm a bit
overwhelmed" is a bridge.



ACTION

Share one specific feeling with
someone today.

BODY AWARENESS

Emotional Intelligence Cards



EMOTIONAL INTELLIGENCE CARD

YOUR BODY SPEAKS FIRST

Emotions often show up physically
before your mind catches up.



ACTION

Do a quick scan. Where is the feeling
living in your body right now?

THE GUT FEELING

"Gut feelings" aren't mystical; they're biological. Your gut communicates directly with your brain.



ACTION

When making a decision, notice the signals from your gut. Acknowledge them as data.

A DIFFERENT KIND OF RADAR

For neurodivergent people, internal body signals can be confusing. Your radar just works differently.



ACTION

If a body scan is hard, try a sensory break or a grounding exercise to connect.

THE INNER CRITIC

Emotional Intelligence Cards



EMOTIONAL INTELLIGENCE CARD

CRITIC OR COACH?

Your inner critic tries to protect you, but its only tool is shame.



ACTION

Reframe its harsh words into the encouraging voice of a wise coach.

EMOTIONAL INTELLIGENCE CARD

THE KINDER TRUTH

Shame leads to burnout. Self-compassion fuels growth.



ACTION

When the critic appears, answer back: "That's a harsh way to put it. Here's a kinder truth".

WHOSE VOICE IS THIS?

Your inner critic is often an echo of past messages or pain.



ACTION

Gently ask your critic, "Whose voice is this, really?" to reduce its power.

EMOTIONAL REGULATION

Emotional Intelligence Cards



EMOTIONAL INTELLIGENCE CARD

THE PAUSE BUTTON

Between impulse and
action, there is a space.



ACTION

Find that space today. Take one slow
breath before you reply.

BREATH AS AN ANCHOR

Your breath is a direct line to
your nervous system.



ACTION

Breathe in for 4, and out for 6. A
longer exhale calms your body.

EMOTIONAL INTELLIGENCE CARD

REFRAME THE STORY

Emotions are fueled by the
stories we tell ourselves.



ACTION

Change one unhelpful thought. "They ignored me" can become "They are probably busy".

EMOTIONAL INTELLIGENCE CARD

SENSORY RESET

Strong feelings live in the body.



ACTION

Reset your nervous system: Splash cold water on your face, stretch, or wrap up in a heavy blanket.

SOCIAL AWARENESS

Emotional Intelligence Cards



EMOTIONAL INTELLIGENCE CARD

READING THE ROOM

Most communication isn't words;
it's tone and body language.



ACTION

In your next conversation, listen for the
emotion underneath the words.

EMPATHY, NOT SYMPATHY

Sympathy watches from a distance. Empathy steps into the circle with someone.



ACTION

Instead of saying "At least...", try saying
"That sounds so difficult."

CURIOSITY OVER CERTAINTY

Social awareness isn't about
assuming you know how others feel.



ACTION

Instead of stating, "You're angry," ask,
"I'm sensing frustration. Is that right?".

RELATIONSHIPS

Emotional Intelligence Cards



EMOTIONAL INTELLIGENCE CARD

INTERRUPT THE DANCE

Every relationship has
recurring conflict patterns.



ACTION

Next time a familiar argument starts, do
one thing differently. Pause, soften your
tone, or just listen.

USE "I" STATEMENTS

"You always..." invites combat. "I
feel..." invites dialogue.



ACTION

Rephrase one "you" statement into
an "I" statement. (e.g., "You never
listen" becomes "I feel unheard".)

BOUNDARIES WITHOUT WALLS

Healthy boundaries aren't
punishments; they are statements
of clarity.



ACTION

Practice a gentle boundary: "I need to
pause this conversation and come back
when I'm calmer".

THE ART OF REPAIR

What matters most isn't avoiding conflict, but how you make things right afterwards.



ACTION

Offer a simple, honest apology: "I overreacted. I'm sorry. Can we try again?".

THE MESSY STUFF

Emotional Intelligence Cards



SHAME NEEDS EMPATHY

Guilt says "I did something bad."
Shame whispers "I am bad".



ACTION

Shame shrinks when spoken to someone
who can meet it with empathy.

TRAUMA & GROUNDING

Trauma can leave the body on high alert, even when you are safe.



ACTION

When feeling unsafe, ground yourself.
Name five things you can see right now.

BURNOUT IS AN EMPTY TANK

You can't regulate your emotions
when your system has no fuel.



ACTION

The answer isn't more effort, but more
care. What is one small act of rest you
can give yourself today?

BUILDING HABITS

Emotional Intelligence Cards



EMOTIONAL INTELLIGENCE CARD

THE MORNING CHECK-IN

Before diving into the day,
pause for thirty seconds.



ACTION

Ask: "What's my emotional weather right now?" Just name it, without judgment.

EMOTIONAL INTELLIGENCE CARD

THE ONE- BREATH RULE

A single, slow breath can be a powerful buffer.



ACTION

Take one conscious breath before you respond to a tricky email or a child's tantrum.

EMOTIONAL INTELLIGENCE CARD

PIGGYBACK YOUR HABITS

New habits stick best when anchored
to something you already do.



ACTION

Anchor your "emotional weather
check-in" to your first cup of coffee.

EMOTIONAL INTELLIGENCE CARD

MICRO- KINDNESS

Emotional intelligence grows when you offer small doses of it to others.



ACTION

Perform one small act of kindness: a genuine thank-you, a warm smile, or a quick check-in text.