

Emotional Intelligence Guide

Introduction

Hey everybody! Ari in the Air here. I want to share this with you in hopes that it will help you on your journey of learning to sustainably fly, as well as on your path of personal development and emotional intelligence.

So, welcome to the Emotional Intelligence Guide! In this guide, we will explore three powerful tools that can help improve your paragliding skills and enhance your overall life. These are the tools that I use to teach emotional intelligence to high-level CEOs, entrepreneurs, and business leaders to improve their communication and relating skills. These are simple tools, but to thoroughly implement and integrate them into your life is a long undertaking. By incorporating these tools into your paragliding practice, you can become a better pilot and experience greater success and fulfillment. Let's dive in!

Tool 1: Observation/Evaluation Distinction

The observation evaluation distinction is the ability to observe without immediately jumping to judgment. As humans, we have the innate tendency to quickly evaluate and judge the stimuli we encounter. However, in paragliding, it is crucial to create space between observation and evaluation. For example, when flying cross-country, instead of immediately assuming that birds indicate a thermal, take a moment to observe their behavior. Are they going up or down? Are they flapping their wings? By slowing down and making a conscious evaluation, you can make more informed decisions and assess the conditions accurately.

This sounds so simple, but as you commit to practicing it, you'll realize how imbedded your judgments are with you observations. Begin to chip away at it by noticing! You'll have to notice this a thousand times.

Practice: State your observations clearly, without mixing in your judgments. Observations are objective actions that could be witnessed by a camera.

Example: "I see that you haven't done the dishes" - observation

"You are lazy" - evaluation

Tool 2: Self-Knowledge

Self-knowledge is the art of knowing what it is like to be you. It involves owning your feelings and needs. To develop self-knowledge, you can focus on two aspects:

sensitivity and vocabulary. Sensitivity refers to your ability to feel and connect with your emotions. Avoid numbing yourself through coping mechanisms and instead practice activities like meditation and journaling to increase your sensitivity. Additionally, expand your vocabulary around feelings and needs.

As men, we often carry societal conditioning about who we should be, but by understanding and articulating our own emotions, we can truly know ourselves.

In paragliding, the need to develop self-knowledge looks like numbness or a lack of clarity around what you are feeling, or what your motivations are. Maybe you are kicking your helmet in frustration after you land short, or you're feeling FOMO when your friends are out flying while you work, or maybe you are struggling to feel appreciated or acknowledged in the community. All of these things are real issues that we face as pilots and men. To begin unwinding these things, one must start recognizing what is actually happening in them. If you want directions, you'll need to know where on the map you are to begin with...

Practice: Sit with your journal, and the list at the bottom of this document. Reflect on your day, and write down the emotions that you have felt today.

Extra credit: using the list of human needs, try to connect your emotions to your needs. Hint - positive emotions come from when your needs ARE being met, and negative emotions come from when your emotions ARE NOT being met.

Tool 3: Nonviolent Communication

Nonviolent communication is a powerful framework for effective communication. It emphasizes feelings and needs and consists of four parts: observation, feelings, needs, and requests. By using this framework, you can set boundaries, express yourself clearly, and understand others' experiences. Like I said, this is a relatively simple and easy to understand framework, but the implementation and integration of takes a lot of time and impacts every single aspect of your life, relationships and perspectives. I have been teaching men NVC for nearly 3 years, and the transformations are profound.

In the paragliding community, the lack of emotional intelligence often leads to conflicts and misunderstandings. By adopting nonviolent communication, you can contribute to a more positive and supportive paragliding environment. It will help you navigate discussions about access and safety with empathy and understanding.

Practice: The next time you have a conversation with someone, practice reflecting back what you hear them say. Use the words "What I heard you say was..." and reflect what their message was. Follow with "Did I get that right?" to invite their clarifications.

Extra credit: reflect on these specific things - their thoughts, feelings and needs.

Buy a copy of the book [here](#). This will become a playbook for your life.

Conclusion

Incorporating emotional intelligence into your paragliding practice can have a profound impact on your skills and overall well-being. By mastering the observation evaluation distinction, developing self-knowledge, and adopting nonviolent communication, you can become a safer and more successful pilot. Remember, emotional intelligence is not only beneficial for paragliding but also for improving your life as a whole. So, take advantage of these tools and enjoy the journey of personal growth and enhanced paragliding experiences.

If you want to dive deeper into emotional intelligence, I'm running an Emotional Intelligence and Men's Accountability Group, and I have a few spots left! [Click here](#) to schedule a free intro call with me to see if it's right for you.

Love and lift!

Ari

Feelings Inventory

How we are likely to feel when our needs ARE satisfied

AFFECTIONATE

compassionate
friendly
loving
open hearted
sympathetic
tender
warm

CONFIDENT

empowered
open
proud
safe
secure

ENGAGED

absorbed
alert
curious
engrossed
enchanted
entranced
fascinated
interested
intrigued
involved
spellbound
stimulated

INSPIRED

amazed
awed
wonder

EXCITED

amazed
animated
ardent
aroused
astonished
dazzled
eager
energetic
enthusiastic
giddy
invigorated
lively
passionate
surprised
vibrant

EXHILARATED

blissful
ecstatic
elated
enthralled
exuberant
radiant
rapturous
thrilled

GRATEFUL

appreciative
moved
thankful
touched

HOPEFUL

expectant
encouraged
optimistic

JOYFUL

amused
delighted
glad
happy
jubilant
pleased
tickled

PEACEFUL

calm
clear headed
comfortable
centered
content
equanimous
fulfilled
mellow
quiet
relaxed
relieved
satisfied
serene
still
tranquil
trusting

REFRESHED

enlivened
rejuvenated
renewed
rested
restored
revived

Feelings Inventory

How we are likely to feel when our needs are NOT satisfied

AFRAID

apprehensive
dread
foreboding
frightened
mistrustful
panicked
petrified
scared
suspicious
terrified
wary
worried

ANNOYED

aggravated
dismayed
disgruntled
displeased
exasperated
frustrated
impatient
irritated
irked

ANGRY

enraged
furious
incensed
indignant
irate
livid
outraged
resentful

AVERSION

animosity
appalled
contempt
disgusted
dislike
hate
horrified
hostile
repulsed

CONFUSED

ambivalent
baffled
bewildered
dazed
hesitant
lost
mystified
perplexed
puzzled
torn

DISCONNECTED

alienated
aloof
apathetic
bored
cold
detached
distant
distracted
indifferent
numb
removed
uninterested
withdrawn

DISQUIET

agitated
alarmed
discombobulated
disconcerted
disturbed
perturbed
rattled
restless
shocked
startled
surprised
troubled
turbulent
turmoil
uncomfortable
uneasy
unnerved
unsettled
upset

EMBARRASSED

ashamed
chagrined
flustered
guilty
mortified
self-conscious

FATIGUE

beat
burnt out
depleted
exhausted
lethargic
listless
sleepy
tired
weary
worn out

PAIN

agony
anguished
bereaved
devastated
grief
heartbroken
hurt
lonely
miserable
regretful
remorseful

YEARNING

envious
jealous
longing
nostalgic
pining
wistful

SAD

depressed
dejected
despair
despondent
disappointed
discouraged
disheartened
forlorn
gloomy
heavy hearted
hopeless
melancholy
unhappy
wretched

TENSE

anxious
cranky
distressed
distraught
edgy
fidgety
frazzled
irritable
jittery
nervous
overwhelmed
restless
stressed out

VULNERABLE

fragile
guarded
helpless
insecure
leery
reserved
sensitive
shaky

Needs Inventory

CONNECTION

acceptance
affection
appreciation
belonging
caring
cooperation
communication
closeness
community
companionship
compassion
consideration
consistency
cooperation
emotional safety
empathy
familiarity
inclusion
interdependence
intimacy
love
mutuality
nurturing
partnership
reciprocity
respect/self-respect
safety
security
self-acceptance
self-worth
sensitivity
solidarity
stability
support
to know and be known
to see and be seen
to understand and
be understood
trust
warmth

PHYSICAL WELL-BEING

air
balance
comfort
food
movement/exercise
protection
rest/sleep
relaxation
sexual expression
safety
shelter
touch
water

HONESTY

authenticity
integrity
presence
transparency

PLAY

adventure
fun
joy
humor
laughter
spontaneity

PEACE

beauty
communion
ease
equality
equanimity
harmony
inspiration
order
tranquility

MEANING

aliveness
awareness
awe
celebration of life
challenge
clarity
competence
consciousness
contribution
creativity
discovery
efficacy
effectiveness
growth
hope
learning
mourning
mystery
participation
purpose
self-expression
stimulation
to matter
understanding
wholeness
wonder

AUTONOMY

choice
confidence
freedom
independence
privacy
space

Basic Outline of NVC model

When I see/hear _____

I feel _____

because my need for _____ is/is not met.

Would you be willing to _____ ?