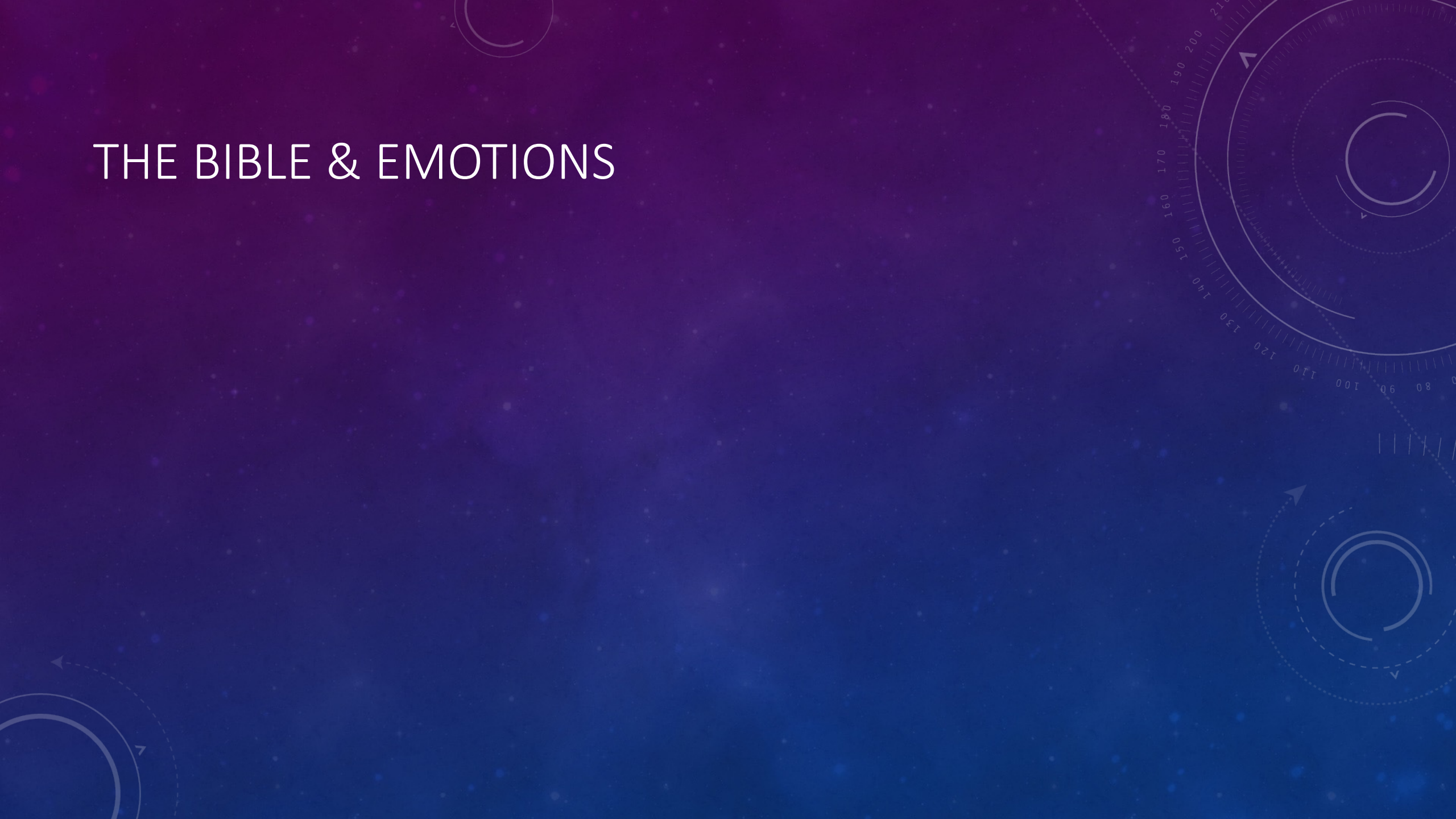
The background features a dark blue gradient with several overlapping circular patterns. On the left side, there is a large circular scale with numerical markings from 140 to 260 in increments of 10. Other circles of varying sizes and opacities are scattered across the frame, some containing smaller circles or arrows, creating a complex, layered geometric design.

THE IMPORTANCE OF EMOTIONAL SELF-AWARENESS FOR HEALTHY MINISTRY

"It's impossible to be spiritually mature while remaining emotionally immature."

THE BIBLE & EMOTIONS



The background features a gradient from dark purple to blue, overlaid with a field of small white stars. Several faint, semi-transparent circular diagrams are scattered across the scene. One prominent diagram in the upper right quadrant consists of concentric circles with radial tick marks and numerical labels (100, 110, 120, 130, 140, 150, 160, 170, 180, 190, 200, 210) along its outer edge. Other diagrams include dashed lines and arrows, suggesting a technical or scientific theme.

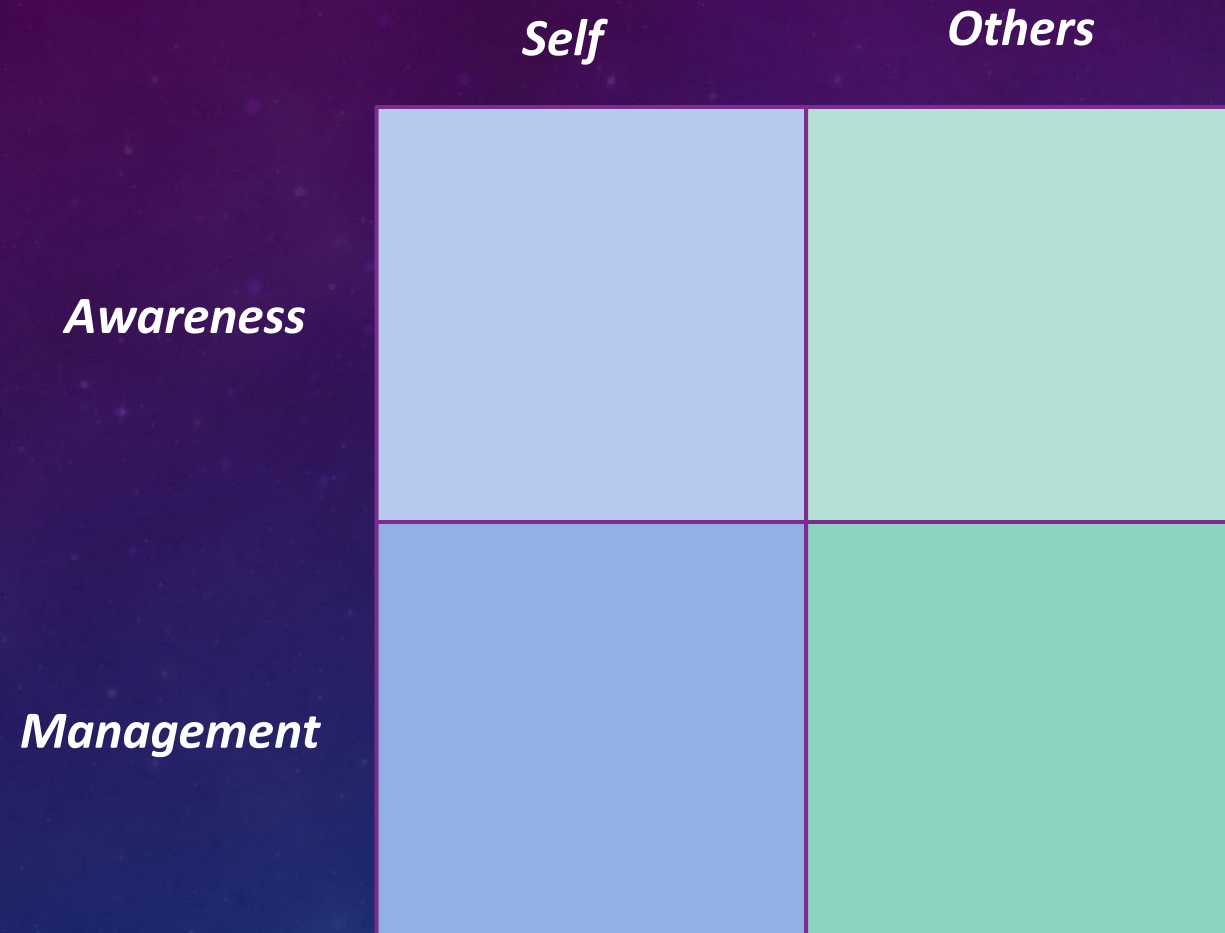
THE BIBLE & EMOTIONS

EMOTIONAL AND SOCIAL INTELLIGENCE FRAMEWORK

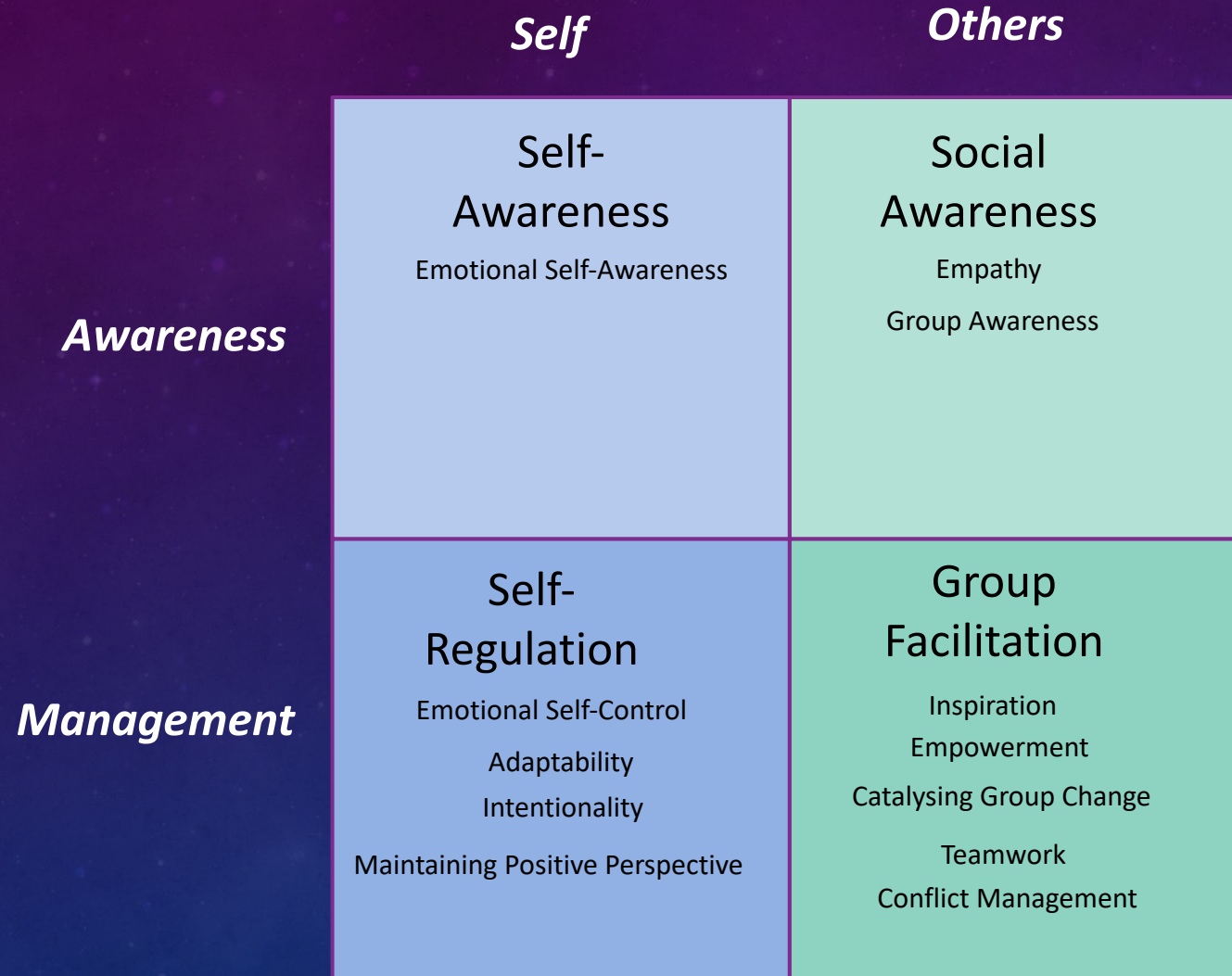
The Emotional & Social Intelligence Framework

1. **Self-awareness** - the ability to read one's emotions and recognise their impact while allowing them to contribute appropriately to decision making and action.
2. **Self-Regulation** - involves controlling one's emotions and impulses and adaption to either changing circumstances or a better understanding of the situation.
3. **Social Awareness** - the ability to sense, understand, and react to others emotions while comprehending social networks.
4. **Group Facilitation/Management** – the ability to inspire, influence and develop others while managing conflict.

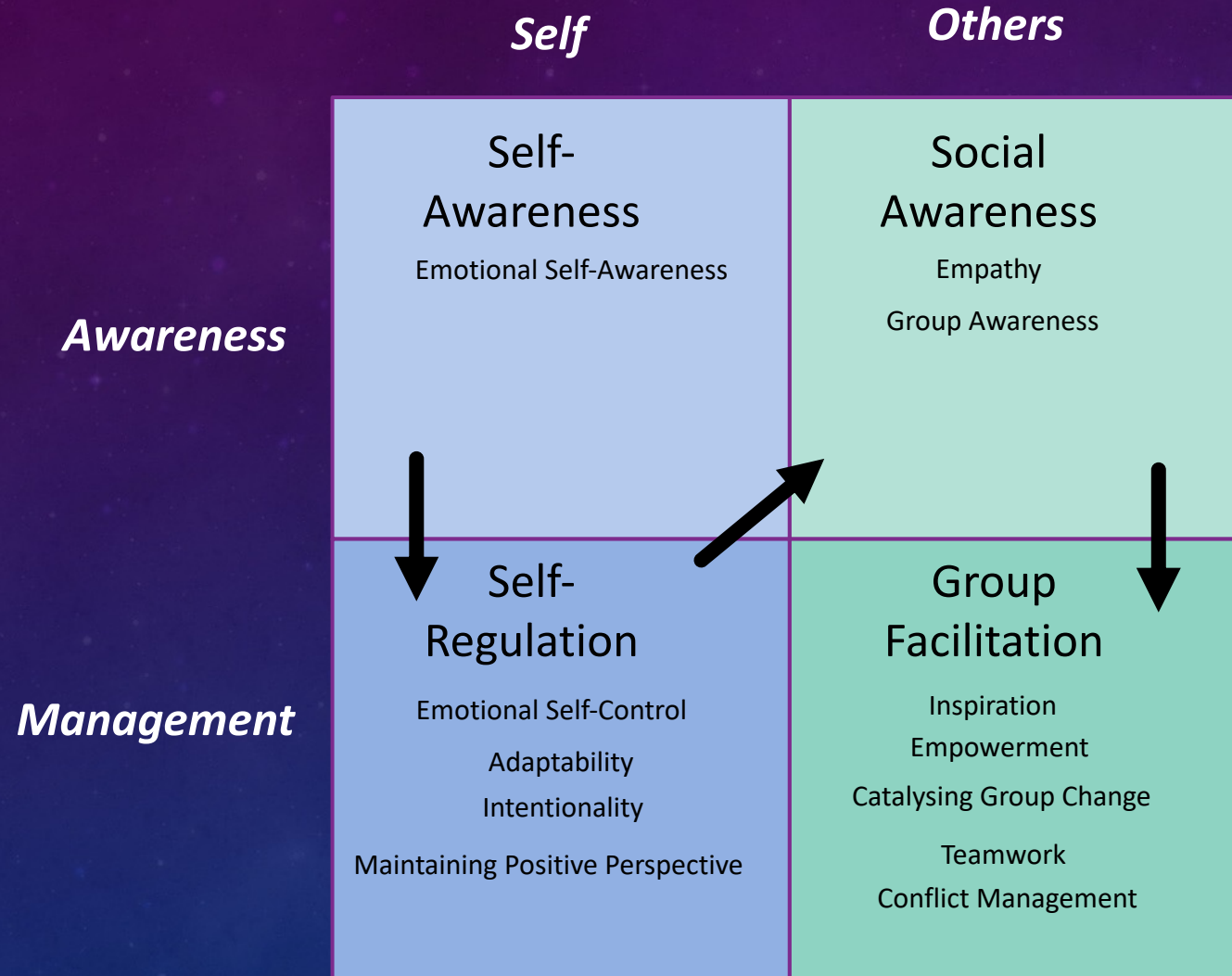
The Emotional & Social Intelligence Framework



The Emotional & Social Intelligence Framework



The Emotional & Social Intelligence Framework



The background is a dark blue gradient with faint, light blue technical graphics. These include several circular gauges or dials with numerical scales (e.g., 160, 170, 180, 190, 200, 210) and arrows. There are also dashed lines and solid lines forming circular patterns, suggesting a complex system or framework.

THE BIBLE & EMOTIONS

EMOTIONAL AND SOCIAL INTELLIGENCE FRAMEWORK

EMOTIONAL AND SOCIAL INTELLIGENCE COMPETENCIES

Emotional and Social Intelligence Competencies

Competency	Description	Self-Assessment 1-10
Self-Awareness		
Emotional Self-Awareness	The ability to clearly and accurately identify one's own emotions and understand their impact on perception, thinking and behaviour. Emotional self-awareness is also the ability to read and interpret the physical sensations that accompany emotions. It is the ability to differentiate emotions from thoughts. It is the capacity to say "I feel angry...Or anxious... and this is why I am..... "	
	<i>Average</i>	
Self-Regulation		
Emotional Self-Control	The ability to hold the personal impact of emotions and impulses (whether they are threateningly negative or positively exciting) in check and to regulate how they are expressed. It is the capacity to resist being overwhelmed.	
Adaptability	The ability to adjust emotionally to changing personal and social circumstances. Adaptability is the capacity to match the emotional state of another if required.	
Intentionality	The ability to focus and apply emotional energy to achieving a goal or to completing a difficult task. This ability reflects the capacity to overcome emotional blocks or distractions and meet a commitment made.	
Maintaining Positive Perspective	This is the ability to frame the situation one faces in positive way, seeing the potential for good, growth and change. In some models, it is referred to as optimism and is also the ability to harness this optimism as a motivator.	
	<i>Average</i>	
Social Awareness		
Empathy	Sensing, identifying and responding personally to others' feelings, emotional states and situations. Taking an active interest in their emotional well-being.	
Group Awareness	Reading a group's 'feel', its collective emotional energy, its social and power dynamics, being sensitive to relational dynamics.	
	<i>Average</i>	
Relationship Facilitation		
Inspiration	Sharing, reflecting, speaking, storytelling in ways that inspire or give emotional energy to others to move forward.	
Empowerment	Sensing others' and the group's interests, needs and values and enabling people to move in the direction of these in the social environment. This may occur through personal mentoring, supporting or through group facilitation.	
Catalysing Group Change	Seeing, suggesting, persuading the group and facilitating positive organisational and relational changes which benefit others and create a healthy relational environment.	
Teamwork	Creating and maintaining a common vision, developing effective team interaction and maintaining a supportive environment in which people are enabled to work together.	
Conflict Management	Creating a safe and constructive environment for handling differences and resolving disagreements. Facilitating intentional processes for resolution.	
	<i>Average</i>	

The background features a dark blue gradient with a starry space pattern. On the right side, there are several technical diagrams, including a large circular gauge with numerical markings (160, 170, 180, 190, 200, 210) and arrows, and other smaller circular elements with dashed lines and arrows. The text is centered on the left side of the image.

THE BIBLE & EMOTIONS

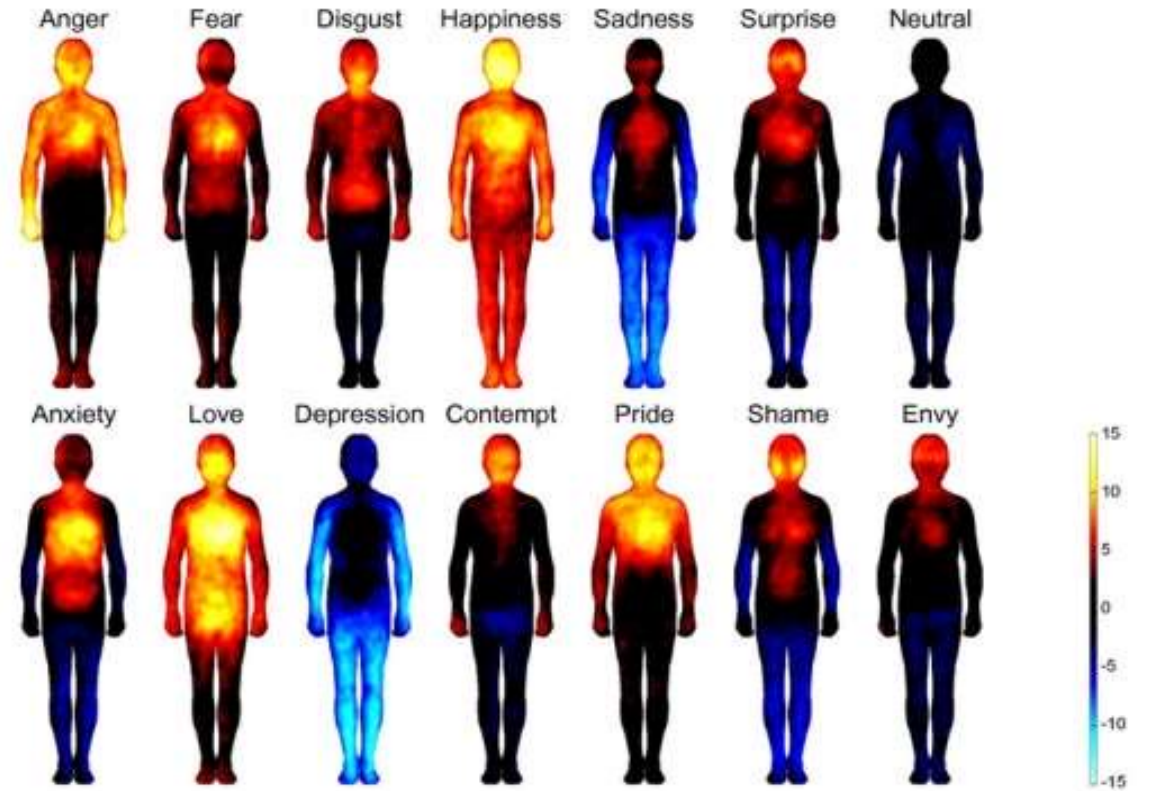
EMOTIONAL AND SOCIAL INTELLIGENCE FRAMEWORK

EMOTIONAL AND SOCIAL INTELLIGENCE COMPETENCIES

EMOTIONS CHART/BODY SCAN

	JOY / HAPPINESS	LOVED / LOVING	SADNESS	ANGER	FEAR	SHAME / DISGUST
Relatively High Emotional Intensity	Elated Overjoyed Thrilled Exuberant Ecstatic Empowered Optimistic Delighted Amazed	Loved Loving Accepted Blessed Attracted Enchanted Fascinated Passionate Adoration Devoted	Despairing Devastated Depressed In Agony Anguish Hurt Dejected Hopeless Distressed	Enraged / Outraged Furious Violent Hating Mad Angry Exasperated Aggressive	Terrified Petrified Panic Shocked Frightened Frantic Threatened Paranoid	Worthless Mortified Disgraced Guilty Dishonoured Remorseful Unworthy Rejected Disgusted
Medium Emotional Intensity	Cheerful Thankful Pleased Relieved Satisfied Loved Loving Energetic Excited	Trusting Encouraged Moved Tender Caring Connected Appreciated Empathy Compassion Supported	Alone Miserable Sorrowful Heartbroken Lost Grieving Sick Misunderstood Loss	Frustrated Annoyed Hostile Jealous Defiant Exploited Intolerant Provoked	Fearful Insecure Intimidated Anxious Helpless Suspicious Confused Disturbed Unsafe	Sorry Embarrassed Apologetic Sneaky Regretful Stupid Ashamed
Relatively Low Emotional Intensity	Appreciated Glad Content Peaceful Pleasant Tender Positive Creative Hopeful Amused	Admiration Respect Sentimental Kind Caring Friendly Affectionate Warm	Disappointed Unhappy Upset Dissatisfied Discouraged Tired	Irritated Touchy Uptight On edge Agitated Critical Sarcastic Selfish	Uneasy Apprehensive Cautious Nervous Worried Shy / Timid Unsure Bewildered Concerned	Uncomfortable Ridiculous Regretful Defensive Sheepish

Bodily topography of basic (Upper) and nonbasic (Lower) emotions associated with words.



Lauri Nummenmaa et al. PNAS 2014;111:646-651

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THE BIBLE & EMOTIONS

EMOTIONAL AND SOCIAL INTELLIGENCE FRAMEWORK

EMOTIONAL AND SOCIAL INTELLIGENCE COMPETENCIES

EMOTIONS CHART/BODY TOPOGRAPHY

ESI CHECK-UP

The background is a dark blue gradient with faint, light blue technical graphics. These include several circular gauges or dials with numerical scales (e.g., 160, 170, 180, 190, 200, 210) and arrows. There are also dashed lines and concentric circles, suggesting a scientific or engineering theme.

THE BIBLE & EMOTIONS

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OUR STORIES



THE BIBLE & EMOTIONS

EMOTIONAL AND SOCIAL INTELLIGENCE FRAMEWORK

EMOTIONAL AND SOCIAL INTELLIGENCE COMPETENCIES

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OTHER EXERCISES

OTHER EXERCISES



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OUR STORIES

OTHER EXERCISES

QUESTIONS