

HEART INTELLIGENCE: RELATIONAL

I want to avoid the feeling of being **UNSEEN AND DISCONNECTED**
SO...



I experience **SADNESS**
WHICH

I don't like to directly feel so I seek to experience **CONNECTEDNESS**
THROUGH
ONE OF THREE WAYS OF **DOING**:

Giving (2)

Performing (3)

Differentiating (4)

RELATIONAL INTELLIGENCE allows us to pick up emotions, barometer-like from the outside, and then act on them in order to connect.

- The intelligence of the heart allows us to experience connection with others and the world through attunement which is a way of bringing ourselves into harmony and connection with another.
- It allows us to access and develop the higher qualities of being like compassion and love.

Adult Strategy: Mirroring

- **Constantly monitor themselves** based on how they're perceived by others.
- Convinced they have to **DO something to earn their keep** (the DOING triad).
- Can seem **overly solicitous or overly withdrawn** due to their reaction of how the connection is experienced between them and another.
- Have the tendency to **turn everything into a project**, make things happen and accomplish things.
- **Play many roles in life** – struggle with authenticity
- Spend an inordinate amount of time **comparing themselves to others**
- Try to **live up to what they perceive the other wants**. This is why this center can be called **“shape shifters.”**
- **Will adapt** when invested in relationship. If not, can **feel detached**.
- Can **feel anxious if they can't DO something about a situation**, feel they're not on top of things or seen in a positive light by another
- **Guilt** which stems from **taking too much responsibility for a relationship**.
- As this center becomes less habitual, they learn to attune more fully to themselves and others...**simple presence can be cultivated**.



Recurring Questions: “Who am I with?” “How am I doing?” “What do you think of me?”

Focus of attention: Image: being seen in a positive and desirable light for who you are and what you do.

Basic needs: approval, love, connection, affection, appreciation, consideration

Core emotional issue when needs threatened: distress/panic at loss of connection; sadness, shame

Higher qualities: Empathy, understanding, compassion, loving-kindness