

Why we need emotional self awareness:

1. We do not handle conflict in a healthy way.
2. We do not resolve issues.
3. Too Often, People don't understand us, nor do we understand them.
4. We don't take the time to define or explain our beliefs, values or behavior.
5. We do not set healthy boundaries.
6. We are not solution focused.
7. We have a history of broken relationships.
8. We often repeat emotionally charged conflict.
9. We have a pattern of leaving or quitting.
10. We feel the need to micro manage or control people.

Relationship goals:

1. Mutual respect, not complete agreement or obedient compliance.
2. Deeper more meaningful partnership toward goals.
3. Productive workplace with longer tenure.
4. Enjoying peoples' company
5. Fulfilling mission and purpose.