

Desired Treatment Outcomes (enhancing emotional intelligence)

As we grow up and become adjusted adult members of society we learn things about being less selfish or disruptive, and learn ways to get along with others. We learn to have more positive feelings about ourselves. This type of personal growth helps us to be less susceptible to drinking and drugging problems later on in life. Treatment is a time when these life skills can be re-evaluated and where, if needed, growth can happen. Below are items listed that represent areas of personal growth in *emotional intelligence*. Check the ones that you would like to see some changes in for yourself:

<input type="checkbox"/> Improvement in recognizing and naming my feelings	<input type="checkbox"/> Better able to understand the causes of my feelings	<input type="checkbox"/> Recognizing the difference between feelings and actions
<input type="checkbox"/> Better frustration tolerance and anger management	<input type="checkbox"/> Fewer verbal attacks on others	<input type="checkbox"/> Not resorting to fighting to solve problems.
<input type="checkbox"/> Better ability to handle stress	<input type="checkbox"/> More positive feelings about myself	<input type="checkbox"/> More positive feelings about my family
<input type="checkbox"/> More responsibility in my behaviors	<input type="checkbox"/> Less loneliness	<input type="checkbox"/> Less social anxiety
<input type="checkbox"/> Less impulsive (more self-control)	<input type="checkbox"/> Better able to focus	<input type="checkbox"/> Clearer priorities
<input type="checkbox"/> Improved ability to delay gratification	<input type="checkbox"/> Better able to see things from someone else's viewpoint	<input type="checkbox"/> Improved sensitivity to others' feelings
<input type="checkbox"/> Less aggressiveness (or passiveness)	<input type="checkbox"/> Better abilities to resolve relationship conflicts	<input type="checkbox"/> Better problem solving skills in relationships
<input type="checkbox"/> More assertiveness in relating to people	<input type="checkbox"/> Improved relational skills	<input type="checkbox"/> Improved social skills
<input type="checkbox"/> Increased consideration for others	<input type="checkbox"/> More cooperative	<input type="checkbox"/> Better listening skills
<input type="checkbox"/> Better able to express my emotions	<input type="checkbox"/> Quicker at recognizing when my feelings are intense	<input type="checkbox"/> Better able to manage the feelings I do have
<input type="checkbox"/> Healthy self-talk	<input type="checkbox"/> More accuracy reading social cues	<input type="checkbox"/> Improved decision making skills
<input type="checkbox"/> Increased optimism in life	<input type="checkbox"/> A more positive attitude	<input type="checkbox"/> Increased self-awareness
<input type="checkbox"/> Improved non-verbal communication skills	<input type="checkbox"/> Improved verbal communications skills	<input type="checkbox"/> Improved boundaries skills