

Captain Element	Low EI Captain Consequences	High EI Captain Consequences	Lesson for EI
Attention	<p>A captain who rarely, if ever, pays attention to the compass on their journey or who watches their compass excessively while ignoring other important aspects of their journey.</p> <p>You either pay too much or too little attention to your emotions, the former causing you to get overwhelmed by them and the latter causing a lack of self-knowledge.</p>	<p>A captain who regularly checks in with their compass, noticing both favourable and unfavourable compass readings</p> <p>You regularly check your emotions and clearly understand how you are feeling. You know when to pay attention to emotions when your attention is better directed elsewhere.</p>	<p>You always get to choose how much time and energy you devote to your emotions. Your choice will determine how well you can change or influence your feelings or express them appropriately.</p>
Thoughts	<p>A captain who thinks the compass’s feedback cannot be changed and that some readings should be avoided.</p> <p>You believe that emotions are fixed, some are worthless, and some are unacceptable. This leads to less healthy coping strategies, like suppression or avoiding certain emotions altogether.</p>	<p>A captain who believes their actions can change their compass readings and that all feedback is valuable and acceptable.</p> <p>You understand emotions can be influenced and that all (pleasant and unpleasant) emotions are valuable and acceptable.</p>	<p>You always get to choose whether you think emotions are malleable, valuable, and acceptable. Your choice will determine how you experience, manage, and express your emotions.</p>
Motivation	<p>A captain who misinterprets their compass and misses valuable data about their journey. They don’t have the information to know which direction to sail in.</p> <p>You miss crucial insights about your values and needs. Without this information, you struggle to make decisions that align with what’s important to you and what you need to be happy and satisfied in life.</p>	<p>A captain who knows that all compass readings are valuable data, interprets feedback accurately, and clearly understands the direction they should sail in and why.</p> <p>You understand that, like any data, emotions aren’t facts. This allows you to step back, interpret what your emotions signal about your needs and values, and use this data to guide your actions and decisions.</p>	<p>You can always reflect on the information about your needs and values that underlie emotional experiences.</p>
Action	<p>A captain who is unsure about what to do with unfavourable compass readings or who deals with this kind of feedback in ways that harm their journey.</p> <p>You struggle with regulating and/or expressing difficult emotions. Likely reacting to difficult emotions in ways that are harmful to you and your relationships.</p>	<p>A captain who decides the most appropriate actions to take to manage the sailboat’s direction, even when the compass readings are unfavourable.</p> <p>You can cope with difficult emotions and express them in ways that benefit you and your relationships.</p>	<p>Although you cannot choose the emotions you experience, you can decide how to deal with and express them. Focusing on healthy strategies will help you deal with challenging emotions in ways that help you feel better and improve your relationships.</p>