Equilibrium Dynamics is a nonprofit educational organization dedicated to teaching adults and children how to build a life in which feelings empower – rather than sabotage – relationships, activities and careers.

A SUMMARY OVERVIEW OF THE EQD APPROACH

Personal & professional successes require all 3 aspects of emotional competence skills.

The Road to Medicine: Fueling Your Drive and Confronting Your Obstacles

Emotional Competence Concepts, Dynamics & Principles divided into 5 steps:

- **A. Prerequisite: Emotional literacy:**
  
  Fluency with feelings at the appropriate level

- **B. Steps (1,2,4 & 5) & aspects of Intrapersonal competence:** (Inside, self)

  1. Self Awareness,
     
     Communication - verbal & non-verbal,
     
     Feeling Management
     
     Diversity: you in context of others, e.g. learning style,
     
     Dream Interview method of dream interpretation

  2. Self-Development:
     
     Identity
     
     Change from Grief & Loss, &
     
     Decisions,
     
     Dependency-interdependency-independence
     
     Balance in Life

  3*. Relationships: Essential skills and aspects for success
     
     Basics of relationships
     
     Facets of relationships
     
     Relationship Skills

  4. Self Responsibility:
     
     Autonomy: Paradox of freedom, discipline, self reliance, initiative
     
     Plans & Structure: End result desired goal, time, self assessment
     
     Leadership: community, limits, judgment, (good & bad)
     
     Values & Judgments: integrity, privacy, power, sex, $, politics
     
     Spirituality & religion
     
     Physical & Mental Health; Lifestyle: choices & peace of mind.

  5. Reflection
     
     Journaling
     
     Meditation
     
     Review
C. Details of Step 3 and aspects of **Interpersonal competence** (outside, relationships)

*[In application, this vast step fits best into the middle of intrapersonal competence, hence the numbering as step three.]*

3. Relationships: Essential skills and aspects for success:

Basics of relationships:
- **Emotional connection:** a life fuel from family, intellectual, political, etc.
- 3 parts: self, transaction, other person
- Sequential process
- Content & process: locate the issues & rank importance to you
- Motivation vs. impact: always distinguish
- Context: Medical school e.g. exams, fatigue, drain etc.
- Etiquette: family expectations from precedents
- **Power Dynamics:** who’s really in charge of your life?
- Physical transactions

Facets of relationships
- Type & Levels of intimacy: not the same as responsibility
- **Boundaries:** emotional love can be limitless; practical help/presence is not
- Vulnerability: where’s yours? Make the list…rank them
- **Institutional relationships:** med school is interested in your performance here!
- Family relationships

Relationship Skills
- Setting goals: what kind of relationship do you want this to be?
- Multi tasking: *a given with relationships: you, the other person(s), interactions*
- **Communication:** key to management: articulate your goals
- Other awareness: Situational awareness + other person: keep central
- Observation: of actions, non actions, verbal and indirect messages
- **Relationship maintenance:** establish connection, reestablish, maintain, end
- Processing an interaction: Monitoring Communications: in & out, verbal & non
- Conflict Resolution:
  - Manage disagreements
  - Transgressions, reparations & amends
  - Forgiveness is not a right: for you or others (see motivation-impact)
  - Negotiate win-win (vs. win-lose, lose-lose) when possible
- **Limit setting:** at home & at work so that there is also time for YOU
- **Goodbyes** (Termination): clean disengagements after every contact & plans