



Emotional Intelligence for Biological

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Emotions are biologically based. At the basic level, they are there to protect you from harm and so you fight or flee from a situation.

Your primitive survival mechanism responds to anything that you perceive as danger by triggering the fight or flight survival response. These are specific physiological responses that prepare your body to fight or flee.

Modern life readily induces this response, which can lead to stress. Every human has a habitual response to stress that is either learned or genetically implanted.

Applying intelligence to the management of emotions can mean that you can make choices about how to respond.

Emotional intelligence is the way in which you combine your thinking to your feelings to make good decisions and build authentic relationships.

Empathy is a fundamental component of emotional intelligence.

At a more complex level, empathy is an inborn quality and is a skill you learnt through the way your parents or carers modelled empathetic behaviours.

Empathy is nurtured very early on in life, particularly in regard to the relationship you had with your mother or primary caregiver. Your mental representation of the world was formed through that early relationship and it became quite an influential force in the development of your empathic behaviour and the way that you regulate emotions.

The maternal instinct is inborn and innate. Relationships through attachment suggest that nature gives the mother through her physiological changes the ability to support the child's empathetic development.

Empathy is an individual ability, one that resides inside the person. When you model empathetic behaviours it means that others are more likely to adopt these behaviours themselves. Again, another expression of emotional intelligence.

Empathy allows for rapport. However, rapport can only arise between people and emerges through their interactions. Two (or more) independent brains don't necessarily react consciously or unconsciously to each other but the individual minds become, in a sense, fused into a single system.

The system of brain interconnectedness relies upon specific neural circuitry and related endocrine systems, which inspire others to engage with you.

Your brain contains neurons that are important in empathy by helping to create an instant sense of shared experience:

- **Mirror neurons**, which mirror and mimic what another person does and feels
 - **Oscillators**, which coordinate you physically with another person by regulating when and how your body moves to be in tune with another – an unconscious feeling of resonance
 - **Spindle cells**, which are involved in your intuition and rapidly assess your judgements and beliefs about whether to trust the other person, in conjunction with other intuitive measures
- This interface of minds is a stabilising mechanism outside of both of you and emerges as you interact. The way that it works means that you cannot be emotionally stable on your own – it's not that you should or shouldn't be stable on your own, but without it you can't be.

The deep consequence is that through the sum total of our interactions we create each other.

Adapted from "The Authority Guide to Behaviour in Business: How to inspire others and build successful