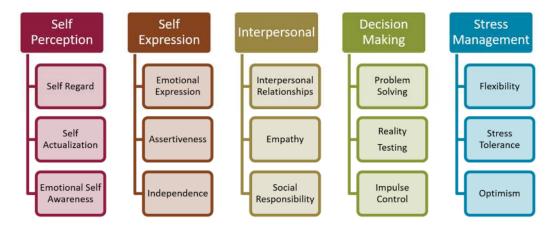
El and Spiritual Discernment – Making the connection

Crescendo Connect – July 21, 2021 Anne Papinchak, PCC, M.Ed.

Ignatian Process for Discernment	EQ-i ^{2.0} Subscales
IDENTIFY the decision that faces us or the issue we	Self-Regard, Problem Solving, Emotional Self-
need to resolve.	Awareness
EXAMINE the underlying values (human, Christian,	Self-Regard, Self-Actualization, Emotional
spiritual) and personal concerns involved	Self-Awareness, Social Responsibility
STRIVE for Ignatian indifference: Ever ready to embody the love of God in any way we can, but we must have the inner discipline to wait and to withhold action until we get an indication of directionality from God.	Independence, Assertiveness, Reality Testing, Impulse Control, Optimism
Take time to pray over the matter, paying attention	Emotional Self-Awareness, Reality Testing,
to how we are being drawn or led.	Impulse Control, Stress Tolerance, Flexibility
MAKE a choice based on both the results of our	Self-Regard, Emotional Self-Awareness,
"head work" and the "heart work."	Problem Solving, Self-Actualization
DISCUSS the matter with a Spiritual Companion	Self-Actualization, Interpersonal
	Relationships, Emotional Expression,
	Assertiveness
DIALOGUE with those who will be intimately affected by the decision being made.	Emotional Expression, Empathy,
	Interpersonal Relationships, Assertiveness,
	Reality Testing
LIVE OUT our decision with courage hope and trust.	Flexibility, Stress Tolerance, Optimism, Self- Regard

EQ-i^{2.0} Model of Emotional Intelligence



Crescendo Inc. www.crescendoinc.com 612.718.4389