

EVALUATING SELF AWARENESS AND EI

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http://trainingpd.suite101.com/article.cfm/assessing_self_awareness_and_ei

To evaluate your self-awareness, look at your current state of EI around blaming coworkers, wanting an ideal corporate culture, and being a victim of company decisions.

When our job satisfaction is low, it is very tempting to blame our coworkers or the company for our unhappiness. We crave the ideal corporate environment where our bosses support us, the workload is manageable, we are being assigned tasks that we excel at and everyone gets along. This can lead to becoming a victim and a martyr. There is an alternative - to take back your power.

Do I become a blamer when faced with an emotional trigger?

It is a common reaction to blame others or other things when feeling criticized or judged or triggered into an emotional reaction. Stop the blame game by shifting the focus to your role in the situation and the things within your power to change. Focusing on another person and their negative behaviors only deflects energy away from where it is really needed - work on yourself.

Do I live in a fantasy world that management, my work culture and the company I work for will be perfect?

This fantasy can do incredible damage to a career. If this were possible, then the company would have to clone you to have enough employees with the same values, personality and needs to be happy in the "perfect" environment. The reality is that workplace cultures are what you make them. Work on the aspects of your job satisfaction that you have control over. Take on new projects that excite you, ask for a promotion, a raise, a transfer, a new desk. Take control of your destiny and use your power of choice to create a healthy environment.

Do I spend a lot of time focusing how the company or my boss could treat me better and feeling battered?

Being a victim is a sad waste of energy. Not only that, but your boss and higher executives will have no time or energy to devote to a whiner. Take responsibility for your behaviors and look at changing how you present yourself. Do not give up your power of choice to your boss. Create your own improvements to increase your job satisfaction.