



SHANE LYNCH PSYCHOLOGY

Strange Days

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This is a strange time to be alive. It's best to acknowledge rather than ignore..

Remember...

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Thinking critically allows for complexity. If someone vehemently argues something is simple, it's probably complex.

About Shane

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Reading and writing. Perhaps a lost art for some, I think is a important for building our capacity and practicing critical thinking.

During my graduate work I was practicing clinical skills and spending a significant amount of time reading and writing. It wasn't until after graduating and after registration with the College of Alberta Psychologists did I rediscover reading for pleasure.

While I really only read non-fiction, choosing books that cause me to think about how I think is very important to me.



Thinking Critically & Emotional Intelligence

Critical thinking and emotional intelligence (EI) are two essential cognitive skills that influence how we process information, make decisions, and navigate complex situations. While critical thinking involves logical analysis and rational judgment, emotional intelligence refers to our ability to understand and manage emotions—both our own and others'. Though they may seem distinct, these two skills are interconnected and, when combined, enhance our decision-making, problem-solving, and interpersonal interactions.

Emotional intelligence, as defined by psychologist Daniel Goleman (1995), is the ability to recognize, understand, and manage emotions in oneself and in others. EI involves several key components: self-awareness, self-regulation, motivation, empathy, and social skills. These elements enable us to manage our emotions in healthy ways, respond to others with empathy, and build effective relationships.

If we are high in emotional intelligence we are better equipped to handle stress, maintain positive social interactions, and communicate more effectively. We will be more aware of our



Tips for Dads & Moms

Emotional intelligence (EI) plays a key role in parenting, enabling parents to regulate their emotions and respond effectively to their children's needs.

Research indicates that emotionally intelligent parents foster secure attachments and help children develop emotional awareness, regulation, and empathy, all of which are crucial for social competence.

EI in parenting supports children's emotional development and long-term well-being. Is it any wonder nearly all child therapists I've come across agree staying calm is key. Building our emotional intelligence skills will help us significantly. Give it a try!



Shane F. Lynch, MA, CCC, R.Psych

triggers, better able to regulate our emotional responses, and are skilled in understanding and working with the emotions of others. High EI is linked to better mental health, improved interpersonal relationships, and greater success in both personal and professional settings.

Although critical thinking and emotional intelligence focus on different aspects of cognition they complement each other in important ways. Emotional intelligence helps regulate the emotions that might otherwise cloud judgment, allowing critical thinkers to make more objective, thoughtful decisions.

One of the main ways that emotional intelligence supports critical thinking is through emotional regulation. Strong emotional regulation skills allow us to manage our feelings of frustration, anxiety, or anger when making decisions. When emotions are unchecked, they can lead to impulsive actions or biased thinking. For instance, if a part of us feels threatened by a challenging situation, this emotional part of us might lead us to make hasty, irrational decisions. However, by recognizing and acknowledging these emotional parts, we increase our EI and approach the situation with a clearer, compassionate mindset.

Self-awareness, a core component of EI, enables us to recognize our biased and emotional parts, which is essential for effective critical thinking. Being self-aware means understanding how our emotional parts get triggered and then influence our thoughts and behaviours. Critical thinkers are often in "Self" affording themselves high self-awareness can identify when their parts are affecting their ability to clearly reason.

Empathy, another key component of emotional intelligence, enhances critical thinking by encouraging us to consider and understand the perspectives of others. In problem-solving or decision-making, empathy helps us move beyond our own viewpoint and engage with different perspectives, leading to a more balanced and thorough evaluation of the situation. Empathetic individuals are better able to listen to others, question their own assumptions, and consider alternative solutions. This openness is a crucial aspect of critical thinking, as it allows for a broader range of information to be considered.

While critical thinking and emotional intelligence may seem separate, they are both skills that can be developed over time. To enhance critical thinking, individuals can practice questioning assumptions, examining their reasoning process, and seeking diverse perspectives. Similarly, EI can be improved by practicing mindfulness, building self-awareness of our inner world of parts, and moving into Self where compassion, curiosity, clarity, calm, courage, confidence, creativity and connection reside.