

## INHIBITING DEFICIENCIES

# 6 RESPONSIBLE SOCIAL-ECO KINSHIP

## How Do We Improve Our Social-Ecological (SE) Kinships?

These cards outline various ways we can learn to improve our relationships with others and the environment. When we don't learn enough, we are inclined to be more self-centered. With better understanding, training, and practice, we can reduce costly impacts of wastefulness, careless disinterest, manipulations, crimes, and other self-centered negative behavior. Healthy mind development and improving our EQ require that we appreciate our kinship with the outside world. Such understanding plays a critical role in our ability to improve our relationships and create a safer, healthier world.

### UNDERSTAND YOUR ROLE BETTER

To Improve Our SE Kinship

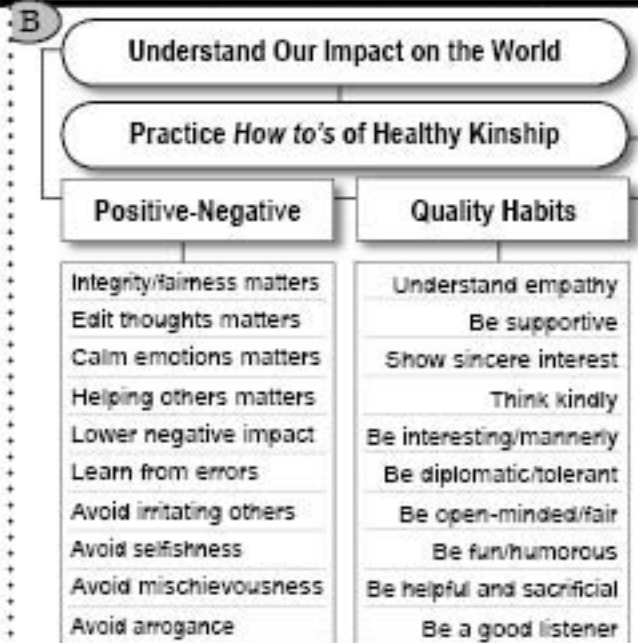


6 RESPONSIBLE SOCIAL-ECO KINSHIP

4 A1 Lesson • Obstacles to Healthy Mind Development  
© Emotional Intelligence Institute 2008 • Original 8-08 • www.e-i.org

### UNDERSTAND SOCIAL-ECO BALANCE

To Improve Our SE Kinship



6 RESPONSIBLE SOCIAL-ECO KINSHIP

4 A1 Lesson • Obstacles to Healthy Mind Development  
© Emotional Intelligence Institute 2008 • Original 8-08 • www.e-i.org

### INCREASE TOLERANCE • EMPATHY

To Improve Our SE Kinship



6 RESPONSIBLE SOCIAL-ECO KINSHIP

4 A1 Lesson • Obstacles to Healthy Mind Development  
© Emotional Intelligence Institute 2008 • Original 8-08 • www.e-i.org