

# Healthy Mind Development: Inhibiting Deficiencies

~ Helpful Approach, Knowledge, and Skills ~

# 1

**QUALITY  
GUIDANCE  
FROM  
OTHERS**

OUR  
MOST  
IMPORTANT  
SOURCE OF  
UNDERSTANDING

Motivation to  
apply effort to  
learn and . . .

*Appreciate More  
of What is EQ  
Worthy to Know*

# 2

**HEALTHY  
THOUGHT  
PROCESSING**

OUR  
MOST  
IMPORTANT  
SOURCE OF  
UNDERSTANDING

Effort to learn  
the skills and  
apply enough  
attention to . . .

*Navigate Our  
Minds More  
Keenly*

# 3

**INSIGHTFUL  
BEHAVIORAL  
KNOWLEDGE**

OUR  
MOST  
IMPORTANT  
SOURCE OF  
UNDERSTANDING

Effort to learn  
the skills and  
apply enough  
attention to . . .

*Increase  
Civilized  
Behavior and  
Reduce  
Dysfunctions*

# 4

**INTENTIONAL  
EMOTIONAL  
CONTROL**

OUR  
MOST  
IMPORTANT  
SOURCE OF  
UNDERSTANDING

Effort to learn  
the skills and  
**apply enough  
strength to . . .**

*Accept Helpful  
Reactions to  
Emotions and  
Avoid Harmful  
Ones*

# 5

**RESPONSIBLE  
SELF-  
SUPERVISION**

OUR  
MOST  
IMPORTANT  
SOURCE OF  
UNDERSTANDING

Effort to learn  
the skills and  
apply enough  
attention to . . .

*Define Priorities  
and Accept  
Healthy Disciplines*

# 6

**RESPONSIBLE  
SOCIAL-  
ECOLOGICAL  
KINSHIP**

OUR  
MOST  
IMPORTANT  
SOURCE OF  
UNDERSTANDING

Effort to learn  
the skills and  
apply enough  
attention to . . .

*Improve Our  
Relationships  
and Create a Safer,  
Healthier World*