

## DO YOU KNOW THE “REAL” YOU?

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**“YOUR EMOTIONS ARE THE SLAVES TO YOUR THOUGHT AND YOU ARE THE SLAVE TO YOUR EMOTIONS”**

- Elizabeth Gilbert

It comes with no surprise that we live in an era where we can't really be sure of who is controlling whom. Can we? And by this I want to bring your attention towards something.....that we feel, “EMOTIONS”. Is it us controlling our emotions or is it the other way around? If one can ascertain this, then that person might be able to figure out his thoughts and therefore could control his emotions. And to my way of thinking, I assume this could only be accomplished by the method of “self-analysis” and that leads us to the idea of “INTROSPECTION”.

First and foremost, we must introduce ourselves with the significance of “Introspection”. What is introspection and why is there a need to introspect? Introspection means to observe your own mental and emotional process. The process of analysing your feelings, thoughts and desires. I believe self-analysis is one big and necessary task to perform. Things which are hard to do, often proves to be exemplary for us.

We, human beings, are likely to get befuddled by our own feelings and caught up in a dilemma. What happens after this is, amidst the chaos of our thoughts, wandering in our minds and crowding our ability to think clearly. We often fall for the wrong choice, which might eventually be the way towards unfortune and a disheartening situation. Isn't it? Decisions taken in anguish or excitement are often impulsive. Rather, I would say when our emotions overpower and we lose the power to think clearly our decisions are in likelihood to be catastrophic. Ever wondered why? Conventionally, we look over the situation hundreds of times, carefully examine it and then come up with the solution. Yet, it rebounds. Maybe sometimes this won't be the case, but you never know.

Now, this tells us that “Introspection” is a different idea than being “Intellectual”. A person could be logical, someone who relies on intellect rather than emotions and feelings but might not know much about himself. Maybe that person is so logical, that he puts self behind his emotions. We all are well aware of the fact that being intellectual does not mean that the decision you take would be flawless.

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Apparently, for a decision to be worthy we must agree to it with our mind (thoughts) and core (emotions). The impeccable balance of heart and mind is what has to be achieved; a little bit of control over your feelings and thoughts. Hardly ever it happens when both of them are in agreement with each other and this is precisely why we need to "Introspect". Knowing ourselves, being clear about what we want, what makes us happy, what disheartens us the most, what is special to us, what we can give up and what we cannot, all those things that matter to us the most, we must take into consideration before taking any significant decision. More precisely, the decisions that affect you. We can do this only when we are aware of our own self.

But then again, controlling your feelings does not mean to hide them. If you are feeling happy or are low, share it. It is perfectly alright if you want to be alone sometimes, or if you want to escape and be in your own world. One thing you might want to do is to put on your headphones and zone out for a moment because all this might help you to get to know yourself better. In this moment, some of your questions might get answered. Feel every emotion, just don't let them overpower your inner self.

Therefore, to know your feelings, to control your emotions, to have a correct balance of mind and core, to be confident and to be truly happy, you must begin the quest and voyage to your soul, your very own self. To not be okay is as important as to be okay and likewise, to introspect is as important as to be an intellectual.

Ask yourself this question "Do you really know the "real" you? And tell yourself

**"IT IS OKAY TO NOT BE OKAY"**

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### **Emotional Intelligence - The Expert Speaks**

*Emotions are driven by impulses over which we have little or no control, sometimes taking us to the extent of even harming ourselves and stopping us to care for emotions of others through a harsh response. To deal with this psychologists talk about emotional intelligence which will impact our communication skills, academic and professional success, mental disposition, physical health, ability to deal with stress and improving morale & motivation. This term, introduced by the psychologists Mayer and Salovey in 1990, is explained as the ability to recognise emotions in ourselves and others, handle interpersonal relations empathically and to understand and guide our thoughts and behaviours. Its key elements are social skills, self-awareness, self-regulation, motivation and empathy (Daniel Goleman). The research has shown that an emotionally intelligent person will be able to get along better with others, will be more successful, emphatic and compassionate compared to others.*

*It can be added here that though high intelligent quotient (IQ) is necessary for success in life, but equally important is emotional intelligence and high emotional quotient (EQ). It is certainly not IQ vs EQ. Both have their own unique importance. IQ is what one is born with, emotional intelligence is acquired and is evolved over time. A major role in development of emotional intelligence is how one is raised as a child but appropriate measures can be taken in one's adulthood to get emotionally 'smarter'. This is something we all should address and continue to work towards it and improve it for the rest of our lives.*

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