

TICKET 1

Welcomed W-W group. After brief check in proceeded to explain new topic of “emotional intelligence” and how essential this is for personal and professional success. Talked about the various kinds of intelligence, cognitive, artistic, skills, music, dance, drama, leadership, etc. Talked about the underlying importance of strong emotional intelligence for interpersonal success. Proceeded to discuss and talk about the 4 parts of emotional intelligence:

1. Self Awareness
2. Self Management
3. Social Awareness
4. Relationship management.

Individual Note:

Client participated actively in today’s group discussion. Able to share personal experiences. Good participation and eagerness to learn. Positive attitude.

Plan:

- Continue developing discussion around self awareness both cognitively and in body language.
- Continue support of sobriety through group sharing of difficulties including triggers.

Ticket 2

Welcomed W-W skills group this morning. Continued discussion and processing of “emotional intelligence” and how important this is for success in personal and professional relationships.

Explained key skills involved in developing emotional intelligence:

- Realize when you are stressed.
- Stay connected to one’s internal emotional experiences.
- Recognize and effectively use the nonverbal cues that make up 95-98% of all communication.
- Develop a sense of humor to meet challenges.
- Resolve conflict positively.
- Reduce self inflicted stress by breaking bad habits.
- Flip negative thinking around
- Don’t try to control the uncontrollable.

Individual Note:

Client actively participated in group offering own personal work and home relationship experiences. Doing very well.

Plan:

- Continue processing positive ways of managing stress through self awareness.
- Continue support of sobriety.