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Understanding the Power of Emotions

In this article we want to present a useful metaphor. Starting from some observations about Emotional Intelligence it helps to explain why emotions are so important to all of us.

Managing your emotional budget

Some people just seem to get more life out of life. Could it have something to do with the perspective they have about living? How is it that people can do so many different things in life and yet never seem to tire? We have seen some people in their seventies who are full of dynamism and look like they are 50, or even less. Sometimes, just looking at them tires you. We also know of many young people who give the impression that they were born old... Some people seem to live to the full till a ripe old age, as if they were driving in total safety on the fast lane of life. Others just appear to be chugging along in the slow lane below the speed limit. You could understand that, to some extent, if the first were driving Ferraris and the second Trabants, but sometimes it's the other way round! Have you never seen Mustangs and other powerful cars driven at unreasonably low speed on a clear road?

Have you noticed how, when some people are around you, particularly if they are suffering from a depression or a burnout, they just seem to suck out your energy in minutes. OK, some of it can be explained by looking at a person's metabolism, and indeed techniques like bio-energetics can help us to raise the amount of energy we have available, but even people who practice bio-energetics don't seem able to avoid burn-outs. Maybe some of this is genetically determined, but how do you then explain differences between siblings or even twins, where one can do weird and wonderful things while the others are stale and boring?

Some people are able to pull through extreme hardship or physical trauma and emerge virtually unscathed, while others are crushed by an