TEACHING EMOTIONAL INTELLIGENCE TO LAW STUDENTS: THREE KEYS TO MASTERY

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APPENDIX A¹: RELAXATION RESPONSE DIRECTIONS²

1. Sit quietly in a comfortable position.
2. Close your eyes.
3. Deeply relax all your muscles, beginning at your feet and progressing up to your face.
4. Keep them relaxed.
5. Breathe through your nose. Become aware of your breathing. As you breathe out, say the word, “ONE,” silently to yourself. For example, breathe IN . . . OUT, “ONE”; IN . . . OUT, “ONE” etc. Breath easily and naturally.
6. Continue for 10 to 20 minutes. You may open your eyes to check the time, but do not use an alarm. When you finish, sit quietly for several minutes, at first with your eyes closed and later with your eyes opened. Do not stand up for a few minutes.
7. Do not worry about whether you are successful in achieving a deep level of relaxation. Maintain a passive attitude and permit relaxation to occur at its own pace. When distracting thoughts occur, try to ignore them by not dwelling upon them and return to repeating “ONE.”

¹ Cite as 15 NEV. L.J. 464, supp. app. A.
APPENDIX B³: FREEZE-FRAME TECHNIQUE⁴

Here are the five steps of the FREEZE-FRAME technique:

1. Recognize the stressful feeling and FREEZE-FRAME it. Take a time out!

2. Make a sincere effort to shift your focus away from the racing mind or disturbed emotions to the area around your heart. You can pretend that you’re breathing through your heart to help focus your energy in the area. Keep your focus there for ten seconds or more.

3. Recall a positive, fun feeling or time you’ve had in life and attempt to re-experience it.

4. Now, using your intuition, common sense and sincerity—ask your heart, what would be a more efficient response to the situation, one that will minimize future stress?

5. Listen to what your heart says in answer to your question. It’s an effective way to put your reactive mind and emotions in check—and an “in-house” source of common sense solutions!
### APPENDIX C: TRIPLE-COLUMN TECHNIQUE

<table>
<thead>
<tr>
<th>Automatic Thought</th>
<th>Cognitive Distortion</th>
<th>Rational Response</th>
</tr>
</thead>
<tbody>
<tr>
<td>I never do anything right.</td>
<td>Overgeneralization</td>
<td>Nonsense! I do a lot of things right.</td>
</tr>
<tr>
<td>I’m always late.</td>
<td>Overgeneralization</td>
<td>I’m not <em>always</em> late. That’s ridiculous. Think of all the times I’ve been on time. If I’m late more often than I’d like, I’ll work on this problem and develop a method for being more punctual.</td>
</tr>
<tr>
<td>Everyone will look down on me.</td>
<td>Mind reading</td>
<td>Overgeneralization All-or-nothing thinking Fortune teller error</td>
</tr>
<tr>
<td>This shows what a jerk I am.</td>
<td>Labeling</td>
<td></td>
</tr>
<tr>
<td>I’ll make a fool of myself.</td>
<td>Labeling</td>
<td>Fortune teller error</td>
</tr>
</tbody>
</table>

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5 Cite as 15 Nev. L.J. 464, supp. app. C.
6 David D. Burns, Feeling Good: The New Mood Therapy 63 fig.4-1 (1999).
APPENDIX D\textsuperscript{7}: LIST OF COGNITIVE DISTORTIONS\textsuperscript{8}

1. **ALL-OR-NOTHING THINKING:** You see things in black-and-white categories. If your performance falls short of perfect, you see yourself as a total failure.

2. **OVERGENERALIZATION:** You see a single negative event as a never-ending pattern of defeat.

3. **MENTAL FILTER:** You pick out a single negative detail and dwell on it exclusively so that your vision of all reality becomes darkened, like the drop of ink that colors the entire beaker of water.

4. **DISQUALIFYING THE POSITIVE:** You reject positive experiences by insisting they “don’t count” for some reason or other. In this way, you can maintain a negative belief that is contradicted by your everyday experiences.

5. **JUMPING TO CONCLUSIONS:** You make a negative interpretation, even though there are no definite facts that convincingly support your conclusion.
   a. *Mind reading.* You arbitrarily conclude that someone is reacting negatively to you, and you don’t bother to check this out.
   b. *The Fortune Teller Error.* You anticipate that things will turn out badly, and you feel convinced that your prediction is an already-established fact.

6. **MAGNIFICATION (CATASTROPHIZING) OR MINIMIZATION:** You exaggerate the importance of things (such as your goof-up or someone else’s achievement), or you inappropriately shrink things until they appear tiny (your own desirable qualities or the other fellow’s imperfections). This is also called the “binocular trick.”

7. **EMOTIONAL REASONING:** You assume that your negative emotions necessarily reflect the way things really are: “I feel it, therefore it must be true.”

8. **SHOULD STATEMENTS:** You try to motivate yourself with should and shouldn’ts, as if you had to be whipped and punished before you could be expected to do anything. “Musts” and “oughts” are also offenders. The emotional consequence is guilt. When you direct should statements toward others, you feel anger, frustration, and resentment.

9. **LABELING AND MISLABELING:** This is an extreme form of overgeneralization. Instead of describing your error, you attach a negative label to yourself: “I’m a loser.” When someone else’s behavior rubs you the wrong way, you attach a negative label to him: “He’s a goddam louse.” Mislabeled involves describing an event with language that is highly colored and emotionally loaded.

10. **PERSONALIZATION:** You see yourself as the cause of some negative external event which in fact you were not primarily responsible for.

\textsuperscript{7} Cite as 15 NEV. L.J. 464, supp. app. D.
\textsuperscript{8} DAVID D. BURNS, FEELING GOOD: THE NEW MOOD THERAPY 42–43 tbl.3-1 (1999).