

EI, EI...No?

Peace cannot be achieved without an *emotionally* intelligent population

Wendy Roy

Many of our country's existing social (and other) problems largely stem from our lack of emotional intelligence (EI).

I find it troubling that as children we are taught multiple levels of math and science, but most of us would not be able to articulate how we feel inside – or express who we are – if asked. It simply does not make sense to maintain a curriculum that covers many levels of algebra yet completely disregards the crucial subject of emotional intelligence (the skill of perceiving, understanding, and managing emotions and feelings)...**Because no matter what line of work we ultimately choose, the latter are the skills that every single one of us will need in our lives.**

It is time to stop concentrating solely on the correction of our problems and work hard on the *prevention*. Let us create an environment in our homes and schools that values us as individuals right from the start...An environment that cultivates emotional intelligence and teaches us vital life skills, creating a solid sense of self-worth in all of us.

We must learn *how* to get to know ourselves – how to be emotionally honest with ourselves and emotionally responsible for ourselves. This is called emotional self-responsibility. It may be a bit challenging at first, but with practice it becomes easier; our needs and situations become clearer and our goals more attainable when we take ownership of our true thoughts, fears, intentions, and actions/reactions. **Authentic inner peace and success starts there, and we deserve to live our lives armed with these precious skills.** However, these skills must be taught to us – we cannot be expected to instinctively possess them.

We cannot truly be at peace until we learn to get to the root of matters first: The self. This may sound idealistic, but it is also a fairly straightforward concept. And since we have the intelligence and means to send people for leisurely visits in outer-space we can at least try to develop an initiative that supports this objective from now on.

We cannot create a flawless world, and there is no perfect answer. Nonetheless, if we direct our energy and passion toward a common goal – making emotional literacy a learning priority – we may very well end up with the better world we are all independently trying to build.

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Only when we commit to the development of emotional literacy in our youth and culture will we have truly begun our journey towards a peaceful society.