



THE GOOD FEELINGS INSTITUTE

PROGRAM INFORMATION

MAKE EVERY EMOTION YOUR ASSET

“Anybody can become angry - that is easy, but to be angry with the right person and to the right degree and at the right time and for the right purpose, and in the right way - that is not within everybody's power and is not easy.”

- ARISTOTLE

Why Cognitive Orthopathy is necessary for Relational Success!

Developing cognitive orthopathy allows you to communicate effectively, handle stress well, make good decisions, handle conflict productively, respond flexibly to change, and positively influence others more in all of your particular relationships.

Modern Emotional Intelligence helps gives our emotions recognition and guidance. Cognitive Orthopathy helps gives our emotions a desired destination.

Recognition & Control

- Am I angry?
- How angry am I?
- Where is my anger taking me?
- How am I expressing my anger?
- How long did it take me to recognize my anger?
- Am I in control of my anger?
- Am I able to stay calm when I'm angry?

Desired Destination

- Who should I be angry with?
- How angry should I be?
- When should I be angry?
- Where should my anger lead me?
- How should I express my anger?
- Am I driving my anger to the right destination?

What You Will Do!

1. Create login credentials for your relationship-specific GF Institute course.
2. Discover what Cognitive Orthopathy is and why it's necessary for lasting, healthy relationships.
3. Establish the ideal ethics that create a sentiment of your particular relationship that satisfies both/all parties involved. i.e. What does a good, marriage/friendship/dating relationship/co-parent relationship/etc. look like?
4. Take our Good Feelings Institute assessments EIQ and Cognitive Orthopathy.
5. Use the results of the assessment to determine the distance between your emotional intelligence and the emotional intelligence required for relational success.
6. Develop a plan of goals and practices that will lead you towards the ideal sentiment of your particular relationship.

What your Good Feelings Institute course features!

1. A comprehensive, accurate and easy-to-understand EIQ score.
2. Recommended strategies based on the parties' unique relationship and designed idea of what that relationship should look like.
3. An eLearning and goal-tracking system that allows the participants to track progress.
4. Checkpoint retests with full comparison reports and adjusted strategy recommendations.