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## EQ and AGE

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**“Grant me serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference” - Reinhold Neibuhr**

Now sitting on his executive high-back chair, Bob Limber is able to exhale as he gazes out his window, and reflects on his life and the changes he’s experienced. What a journey it’s been working for a company he calls his second home. Starting his career as a car mechanic, and steadily moving up the corporate ladder becoming the company’s Senior Vice President of Manufacturing.

As a boy, Robert had an inquisitive mind, always finding ways to put things together. He was the youngest of five children, and was loved and spoiled by many. Unfortunately, he was also the “runt of the litter”, always first to be picked on. After so many years, Robert gave up on having to defend himself, thus, submitting to the ridicules. He learned to mind his business and avoid anything that would bring him attention.

This attitude carried with him through middle school, a time when adolescence thrives on showing off. Robert was aware that to avoid being bullied by the older classmen (and classwomen), he had to find ways to befriend them. So he did, but it took a lot of energy to break free from the caste that made him who he was—the introverted shy-guy. He managed his relationships only when he had to.

Through the years, Robert was able to learn the ins and outs of dealing with people to form lasting friendships.

Consequently, a friend referred him to a manager of a Detroit car manufacturing company, which led to an entry-level position as carburetor mechanic. This job requiring only linear-technical tasks fits his introverted personality perfectly. It reminded him of how it used to be when he had the luxury of putting Legos

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together alone in his room. It made him happy. But, is Bob *really* happy?

Perhaps.

He's far from what he used to be as a kid. At least now, he's able and willing to reach out to people in his life. His experience and coming of age has taught him that people love to be around people who like them, or at least, understand them. Furthermore, a person cannot begin to understand others, until he's learn to understand himself. In some way, Bob learned early on and was aware that his quiet-self was who he really was. He's come to grip with this. He is also cognizant that people may interpret his introverted style negatively.

It took him many reflecting sessions to realize this, and still today, find ways to work at it.