

EA mean 9 ± 2

SumM+WSumC

EA is a sum of all potential resources, cognitive and emotional; it increases with txt and age. M is sort of a representation of conscious, rational thought that serves the ego. C is a representation of emotional resources. Bigger does not necessarily equal better. Having too many intellectual resources can be a precursor to intellectualization and compartmentalization, and having too many emotional processes that affect your thinking can decrease coping skills by disrupting logical, well-considered thoughts and opinions.