

Personal Reflections



Aspect 1: Appraisal and expression of emotions in oneself

This relates to your ability to understand your emotions and to be able to express them naturally. People who are highly skilled in this area sense and acknowledge their emotions better than most people.

Questions to ponder:

- How good am I at identifying emotional swings in myself?
- How good am I at finding the right word(s) to use to express my feelings?
- In which ways do I express my emotions (e.g. writing, talking, painting, etc.)?

Write down your current appraisal of yourself regarding the abilities in this first aspect of emotional intelligence: (Click below and type)

Aspect 2: Appraisal and recognition of emotion in others

This relates to your ability to perceive and understand the emotions of the people around you. People who rate highly in this skill are very sensitive to the emotions of others. Moreover, they are able to predict others' emotional responses.

- How good am I at identifying how others are or might be feeling?
- How sensitive am I to the feelings and emotions of others?

-How well do I understand the emotions of the people around me?

Write down a current appraisal of yourself in regard to skills relating to this second aspect of emotional intelligence: (Click below and type)

Aspect 3: Regulating Your Emotions

This relates to your ability to regulate our emotions, assisting you in recovering from psychological distress. A person who is highly skilled in this area is able to return quickly to “feeling normal” again after being upset. Such a person has better control over his or her emotions and is less likely to lose his or her temper.

Reflect on situations where you are “caught off-guard.” What could you put in place to regulate your emotional response instead of reacting? How well are you able to calm down quickly when you are angry or upset: (Click below and type)