

Life Relationship Notes

From: The Center for Relationship Enrichment

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What is Emotional Intelligence?

Have you ever wondered why some people seem to succeed at school, at work, in relationships, etc. while others of equal – or even higher – intelligence don't?

Are these people just lucky? Is it their looks? Do they pay someone? – more than likely it is something termed emotional intelligence, which is often referred to as EQ. Research has shown that EQ is often a far better predictor of life success than IQ.

Emotional intelligence is a set of abilities that lets you form optimal relationships with yourself and others. **EQ is the capacity for recognizing your own feelings and those of others, for motivating yourself, for managing emotions well in yourself and in your relationships**

The **four competencies** of EQ are:

1. **Self-awareness:** recognizing your emotions and their effects; knowing your strengths and limitations; and having a strong sense of your capabilities and self worth.
2. **Self-management:** managing your emotions by keeping disruptive emotions and impulses in check; and channeling your feelings and resources to enhance your performance and productivity.
3. **Relationship Awareness:** your ability to sense others' feelings and perspectives; read and understand the dynamics of relationships; and anticipate, recognize and meet key constituents' needs.
4. **Relational Management:** your adeptness at inducing desirable responses in others through communication, collaboration, influence and relationship-building.

The **truth** about EQ:

- EQ does not mean merely “being nice”
- EQ isn't synonymous with “being emotional” and doesn't mean giving free rein to feelings.
- Females don't necessarily have a higher EQ than males.
- Our level of EQ is not fixed genetically, nor does it develop only in early childhood.
- Emotional intelligence can develop over time.
- Training, coaching, and feedback can also substantially improve emotional intelligence