

5 QUESTIONS

TO IMPROVE YOUR EMOTIONAL INTELLIGENCE



1

SELF AWARENESS

What specific emotion am I feeling right now?



2

EMPATHY

What emotion is the other person feeling right now?



3

SELF-REGULATION

What can I do to control my emotions and my reactions right now?



4

SOCIAL SKILLS

How can I show genuine interest in this person right now?



5

MOTIVATION

Am I interpreting this as easy or difficult and why?



7 Steps To Emotional Intelligence

Y Pai



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