

Introduction

Emotional intelligence or EQ

Emotional intelligence has been defined, by Peter Salovey and John Mayer, as "the ability to monitor one's own and other people's emotions, to discriminate between different emotions and label them appropriately, and to use emotional information to guide thinking and behavior".

The 5 Components/Elements/Domains of the EQ Model

According to Daniel Goleman, there are five components or elements of emotional intelligence:

1. Self-Awareness;
2. Self-Regulation;
3. Motivation;
4. Empathy;
5. Social Skills.

Self-awareness can be defined as “the ability to recognize and understand your own emotions” (Cherry, 2018b). It is the foundational building block of emotional intelligence, since regulating ourselves, having empathy for others, and so on all rely on identifying and understanding emotion in ourselves.

Self-regulation is one step further—to have high EQ, we must not only be able to recognize our own emotions, but we must also be able to appropriately express, regulate, and manage them.

People who have high EQs also generally possess more intrinsic motivation. In other words, people high in EQ are motivated for internal reasons rather than external rewards like gaining wealth, respect, or fame. Those with high EQs are motivated for their own personal reasons and work toward their own goals.

Empathy can be defined as the ability to understand how other people are feeling and recognize, on an intimate level, how you would feel if you were in their position. It does not mean you sympathize with, validate, or accept their behavior, just that you can see things from their perspective and feel what they feel.

Emotional intelligence

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If you need a break before learning about the last part of the EQ measurement, watch this animation on empathy. It is—arguably—the most important skill to practice. Do you agree that empathy is a kind of sacred space?

Finally, social skills are the last piece of the EQ puzzle; these skills are what allow people to interact socially with one another and to successfully navigate social situations. Those with high EQs generally have higher-than-average social skills and are able to effectively pursue their goals and get the outcomes they want when interacting with others (Cherry, 2018b).

Why is it Important to Develop Emotional Intelligence Skills?

Why should we care about developing our **emotional intelligence skills**?

Being able to understand your emotions is fundamental to understanding what will lead you to flourish and become more high-functioning. That's because as humans, we tend to be highly emotional and social creatures.

Being emotionally intelligent will help you connect with others, boost your performance at work, improve your communication skills, become more resilient, and more. It turns out that having a high level of EI can make you successful in just about every aspect of your life