

Emotional Intelligence

1. Q: ***Using your EQ strength***—for your strongest EQ domain, give an example of how you demonstrate your strength in your daily life or work.

A: My strongest EQ domain is Social Emotional Awareness, for which I scored a 37 out of 40. An example of how I demonstrate social emotional awareness in my daily life is considering others' feelings and how my actions might impact them in effort to diffuse conflict that could arise. I feel that the reason I've maintained healthy relationships with friends and loved ones is due to how much I care about their feelings and how my actions—good or bad—affect them. I'm generally non-confrontational, so if/when a conflict arises, I will try to diffuse the situation by practicing humility, listening, patience, and empathy.

2. Q: ***Effects of your EQ strength***—for your weakest EQ domain, give an example of how this affects you AND others in your daily life or work.

A: My weakest EQ domain is Emotional Awareness, for which I scored a 28 out of 40. An example of how this affects both me and others in my daily life is how I process my emotions. For instance, I sometimes have trouble identifying an emotion that's been caused by a specific situation. I think this is mainly due to the fact I sometimes get anxiety and tend to be a verbal processor. I'll often be able to indicate when I have an emotional imbalance, but I'm not always able to identify the exact emotion that's causing the imbalance right away. This affects others when I have trouble openly and readily communicating how a certain situation impacted my emotions in a negative way. For example, in effort to communicate openly and honestly with my boyfriend, it often takes me a few days to process a negative emotion before I feel ready to address it to him.

3. Q: ***Improving your EQ strength***—for your weakest EQ domain, what steps can you take to strengthen yourself in this area? How will this benefit you in your daily life or work?

A: Since my weakest EQ domain is Emotional Awareness, some steps I can take to improve in this area include journaling my thoughts as an outlet for processing my emotions, as well as seeking counseling if I feel like it's necessary. My mother is the first person I go to for counsel and comfort, so I can also continue seeking her advice and support in situations that require a source of counsel. I believe that these steps will help me stand apart from my feelings and thoughts and examine them so that I can make better decisions that will impact my both future career and personal life.