

1. Self-awareness: When people know what they're feeling at a particular time and understand how their moods affect others.

2. Self-regulation: When people can control how they respond to their emotions. They consider possible consequences before acting on impulse.

3. Motivation: When people can accomplish goals in spite of negative or distracting feelings they may be having.

Emotional Intelligence



4. Empathy: When people can understand how others feel.

5. Social skills: When people can manage relationships. They know what kind of behaviors get a positive response from others.

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