

International Conversation Café

Lifestyle Topic: What is Emotional Intelligence?

Emotional intelligence has two parts. First, it describes our ability to recognize our own emotions and how to manage them. Secondly, it describes our ability to recognize the feelings of others and how to manage relationships. In the 1990s, the topic was studied by Peter Salovey and John D. Mayer. The topic came to public light and interest largely through Daniel Goleman's book, *Emotional Intelligence*.

Goleman was a science writer for the New York Times, specializing in brain and behavior research. He trained as a psychologist at Harvard. Goleman wrote about what emotional intelligence is and why it is important. <http://www.emotionalintelligencecourse.com/history-of-eq/>

Self-Awareness and Self-Management

One obvious way to become self-aware is to be able to name what you feel. In the center of the wheel, there are six emotions named, three easy ones (joyful, powerful, peaceful) and three difficult ones (sad, mad, scared). Self-management is the ability to live with and handle the difficult emotions properly without harming ourselves or those around us.

As you read from the center outward, you will notice words that describe the basic emotion more specifically and intensely. Looking at the wheel of emotion, name the specific emotion you would feel in the following situations. For example, if the word joyful is suggested in the following sentence, find another word that describes your feelings more accurately.

Your good friend calls to tell you they are coming to visit you. (joyful)

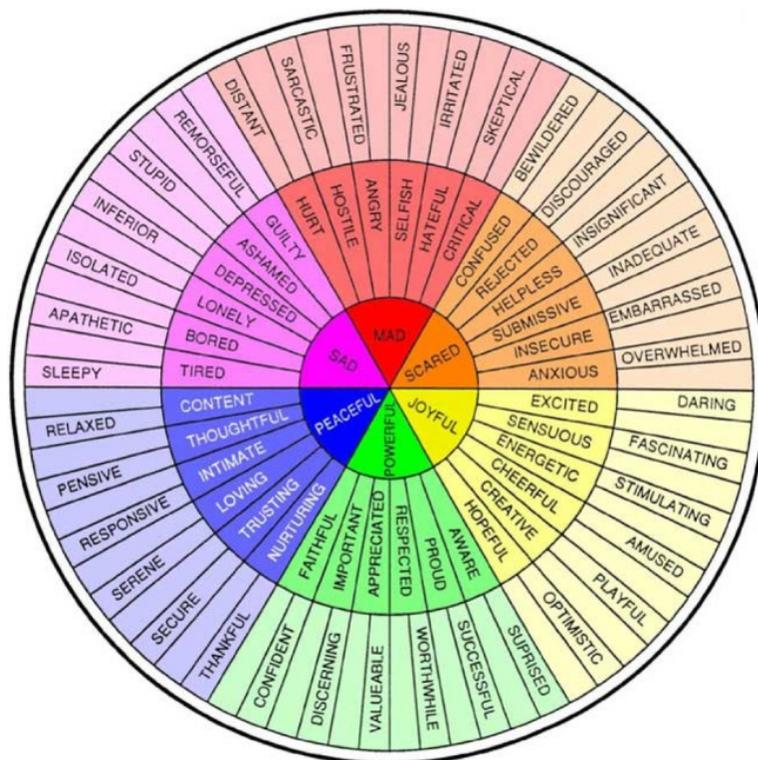
You get a better grade on your paper than you expected. (powerful)

You listen to your favorite band at a concert. (peaceful)

You work all the time and you feel you don't have a good friend. (sad)

Somebody stole your phone. (mad)

People in your study group do not talk to you. (scared)



<https://hope4hurtingkids.com/emotions/understanding-emotions/feelings-wheel-name-understand-emotions/>

Social Awareness and Social Management

The second part of emotional intelligence is recognizing the emotions of others. We call this empathy, understanding how others feel, even when it makes you uncomfortable. How does one manage relationships with others in light of conflict and heightened feelings? This too is the study of emotional intelligence.

Why all the fuss?

Is emotional intelligence all that important? It turns out that people with high emotional intelligence or EQ have overall better mental health, perform better at work, and are better leaders. Some feel that general intelligence and certain personality traits produce similar results. Goleman believes that "EQ accounts for 67% of the abilities deemed necessary for superior performance in leaders and mattered twice as much as technical expertise or IQ."

https://en.wikipedia.org/wiki/Emotional_intelligence

What do you think?

Do you think it is important to have good skills in recognizing the emotions of others you work with? Give examples.

Do you think it is important to have good skills in recognizing the emotions of those in your family? Give examples.

One of the skills in social awareness and management is to be aware of and catch the mood of the overall group. Amy E. Herman, the author of *Visual Intelligence*, teaches observational skills to first responders and doctors by introducing them to art. She teaches them to notice what is going on and often chooses art that makes people feel uncomfortable in order to help us confront what is hard.

Look at the painting by Pieter Bruegel the Elder. Describe what you see and then name some moods or emotions present.



Pieter Bruegel the Elder. The Cripples. C. 1568. Oil on panel, 18.5 x 21.5 cm. Louvre Museum, Paris