Emotional intelligence. This is understanding your emotions, understanding the emotions of other people and regulating your behavior based on this information.

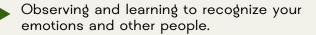
EMOTIONAL INTELLIGENCE



RECOMMENDATIONS



Emotional Intelligence Scale (Schutte)





Name these emotions

Responding to stressful situations: accepting emotions expressing and emotions

Separation of emotions and behavior (understanding the reason, choosing further behavior)

Clarification of information from others (have you been understood correctly)

Reading (describing people's emotions)

