

Emotional intelligence.

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

EMOTIONAL INTELLIGENCE



RECOMMENDATIONS

- Observing and learning to recognize your emotions and other people.
- Name these emotions
- Responding to stressful situations: accepting emotions and expressing 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)



[Emotional Intelligence Scale \(Schutte\)](#)



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