

Manage Emotions

Emotional Intelligence is defined as the ability to manage one's emotions. Emotional competencies are the traits or skills of an emotionally intelligent person. Work with 2 or 3 other students in class and using the definitions listed on the right side of the page, place the letter of the correct definition on the space for each term listed on the left. There is only one correct choice for each term. After your group has matched the terms, have each person in your group explain his/her strongest trait.

E.I. Competency

- ___ 1. Stress Tolerance
- ___ 2. Independence
- ___ 3. Empathy
- ___ 4. Self-Regard
- ___ 5. Optimism
- ___ 6. Impulse Control
- ___ 7. Problem Solving
- ___ 8. Social Responsibility
- ___ 9. Assertiveness
- ___ 10. Flexibility
- ___ 11. Interpersonal Relationship
- ___ 12. Emotional Self-Awareness
- ___ 13. Happiness
- ___ 14. Reality Testing
- ___ 15. Self-Actualization

Definition of Term

- a. I am a responsible, cooperative and contributing member of society. I am socially conscious and concerned about others.
- b. I am able to resist or delay an impulse, drive or temptation when I choose.
- c. I am able to achieve my potential and get involved in things that lead to an interesting, exciting and meaningful life.
- d. I understand, accept and respect myself.
- e. I am sensitive to what, how and why people feel and think the way they do. I care about others and show interest and concern for them.
- f. I am self-reliant and autonomous in my thoughts and actions.
- g. I am able to look at the brighter side of life and maintain a positive attitude even when times are tough.
- h. I am able to identify problems as well as generate and implement solutions.
- i. I know what I feel and why I feel the way I do.
- j. I am able to establish and maintain mutually satisfying relationships. I am comfortable giving and receiving affection.
- k. I am able to withstand stressful situations without falling apart by actively and positively coping with stress.
- l. I feel good and at ease in school, work and leisure situations. I am able to relax and enjoy my life.
- m. I am able to adjust my feelings, thoughts and behaviors to changing situations and conditions. I am open to different ideas and ways of doing things.
- n. I am able to tune into the immediate situation and can see things objectively; the way they are, rather than how I wish or fear them to be.
- o. I am able to express my thoughts and feelings and can ask for what I need. I can defend my rights in a constructive manner.