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### **Emotional Literacy - EQI**

term emotional literacy is not used in the Mayer Salovey model of emotional intelligence, they do say that the first branch of emotional intelligence is...the capacity to perceive and to express feelings. They then add that Emotional intelligence cannot begin

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## **Emotional Literacy - EQI**

Definition of Emotional Literacy There are various definitions of emotional literacy, but perhaps the simplest, most precise and most practical is this: The ability to express feelings with specific feeling words, in 3 word sentences (S. Hein, 1996) For example, "I feel rejected."

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## **Emotional Literacy - [core.eqi.org](http://core.eqi.org)**

EQI Core Home. Emotional Intelligence.  
Emotional Intelligence Theory and  
Background. Developing and Using  
Emotional Intelligence. Definition.  
History. How to Develop EI -- Top 10  
Suggestions ... Emotional Literacy.  
Emotional Honesty. EQ for Everybody

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express feelings with specific feeling words, in 3 word sentences (S. Hein, 1996) For example, "I feel rejected." Emotional Literacy - [core.eqi.org](http://core.eqi.org) EQI Core Home.

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Emotionally Intelligent Alternative  
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## **Index EQI.ORG**

Emotional Intelligence Quiz. Our  
emotional intelligence quiz describes

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situations that we all experience in our lives (like being given difficult feedback). Be as honest as possible when answering the questions as that will provide you with the most accurate assessment of your level of Emotional Intelligence. Once you have taken the quiz, you will receive your results as well as recommendations on how you can

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manage your emotions and connect more skillfully with others.

### **Test Your Emotional Intelligence, Free EQ Quiz, EI Test**

For most people, emotional intelligence (EQ) is more important than one's intelligence (IQ) in attaining success in their lives and careers. As individuals

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our success and the success of the...

### **What is Emotional Intelligence (EQ)?**

As the name suggests, emotional intelligence activities and exercises are attempts to build, develop, and maintain one's emotional intelligence, often called EI or EQ for Emotional Quotient. Many people are interested in improving their

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EI, for a variety of reasons. Some of the most common reasons to work on your EI include:

### **13 Emotional Intelligence Activities & Exercises (Incl ...**

How an individual manages the emotions of people of a range of different ages, and. Handling diversity

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and cultural sensitivities (My Frameworks, 2017). EQ distinguishes emotional capacity as a distinct type of intellect. The average EQ score is in the range of 90 – 100, whilst the perfect EQ score is 160.

### **17 Emotional Intelligence Tests and Assessments (+Free ...**

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Although the EQ-i is the first test of emotional intelligence to be published by a psychological test publisher, it may more accurately be described as a self-report measure of emotionally and socially competent behavior which provides an estimate of one's emotional and social intelligence.



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## **Critical Review of Emotional Intelligence Tests - EQI**

In defining emotional intelligence, John Mayer and Peter Salovey say our emotions “direct our attention to important information in our environment.” They send us signals through the mind and through the body.

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between emotionally  
unsupportive/unhealthy environments  
and teen depression, self-harm and ...

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Describing Feelings and Emotions. Here  
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list of feeling words. (Also called emotion words or words that describe feelings.)  
The full list is now over 4,000 words.

### **Feeling Words - EQI.org**

Emotional intelligence (EI), emotional leadership (EL), emotional quotient (EQ) and emotional intelligence quotient (EIQ), is the capability of individuals to

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recognize their own emotions and those of others, discern between different feelings and label them appropriately, use emotional information to guide thinking and behavior, and manage and/or adjust emotions to adapt to environments or achieve one's goal (s).

### **Emotional intelligence - Wikipedia**

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Cynthia Morton's innovative program of 30 emotional workouts form the backbone of the book. These workouts are tailored for different stages along the path to emotional recovery and have been successfully used in sessions with individuals and groups.

**Emotional Fitness - Index EQI.ORG**

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Emotional intelligence (otherwise known as emotional quotient or EQ) is the ability to understand, use, and manage your own emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges and defuse conflict.

### **Improving Emotional Intelligence**

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## **(EQ) - HelpGuide.org**

Practical guide to emotional literacy and emotional needs from one of the world's leading websites on emotions and emotional intelligence. Defines emotional literacy as the ability to express feelings in three word sentences beginning with "I feel..."



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