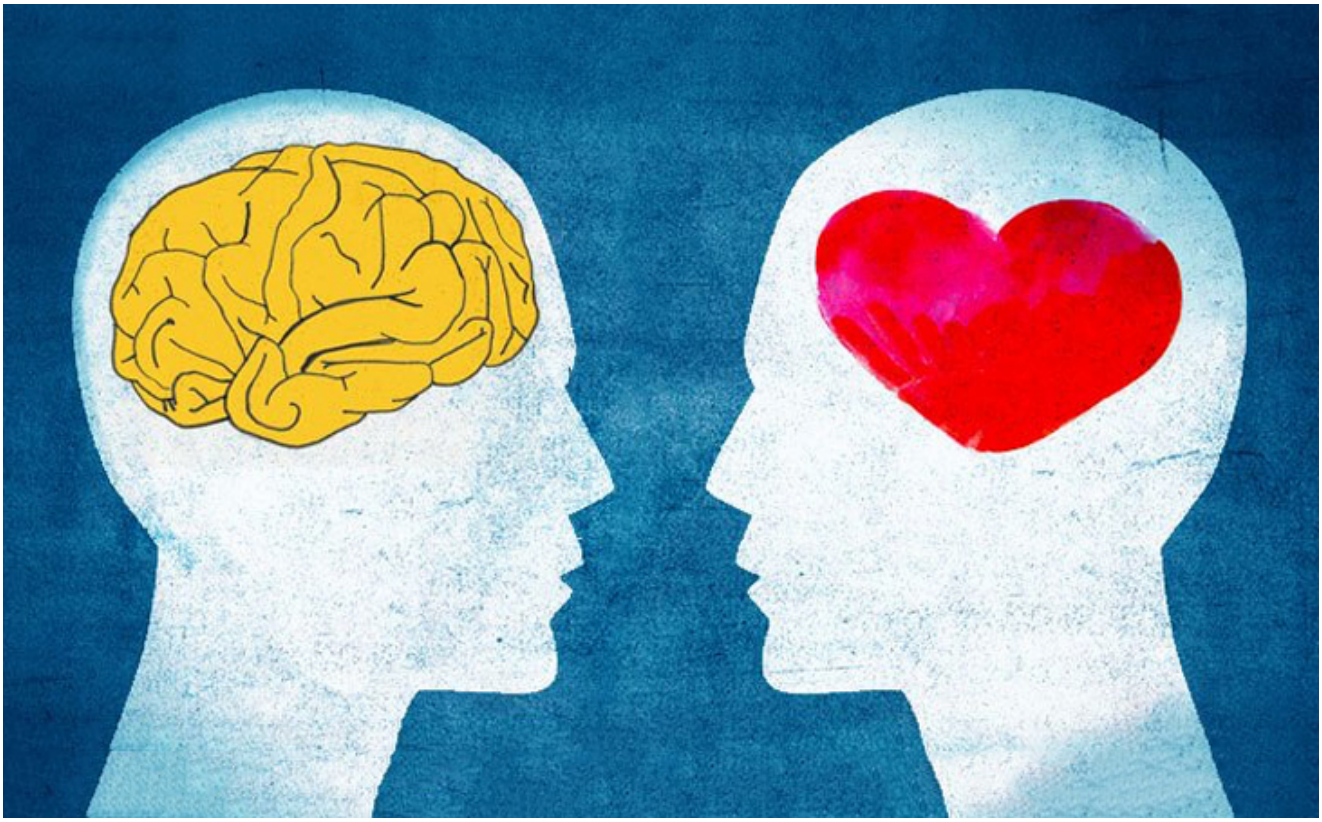
HOME

12 Signs of Heightened Emotional Intelligence You Can Easily Recognize

By bestfolkmedicine · 13/04/2020 · 2 min read



Modern psychology defines emotional intelligence as one's capacity to manage their feelings in a healthy manner.

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Our emotional intelligence allows us to recognize and process our own emotions and that of other people, label these emotions, make good decisions, and manage our emotions adequately and reaching our life goals.

As Psychology Today explain, a person's emotional intelligence includes three skills- emotional awareness (capacity to identify our feelings and that of other people), harnessing emotions and applying them to problem-solving and thinking, and managing our emotions and helping others process theirs.

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Why Does Your Emotional Intelligence Matter?

Being emotionally intelligent is crucial if we want to develop good problem-solving skills and nurture healthy relationships.

A high emotional intelligence has been linked with stronger marriages, better work, and improved mental and physical health.

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In one study, it was concluded that the children in one Californian elementary school couldn't make progress in their academics until they bettered their social and emotional challenges.

Good emotional intelligence helps us develop our impulse controls, abstract reasoning, working memory, and long-term planning.

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Are You Emotionally Intelligent?

Emotional intelligence doesn't come naturally for all of us and it depends on our upbringing. For some people, it may be easy- for others, it may be hard to embrace their emotional side.

But, this doesn't mean we can't work and develop the skills that will help us improve our emotional intelligence.

12 Signs You Have a High Emotional Intelligence

Here are 12 signs you may be a person with a high emotional intelligence:

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- ***They never disregard the feelings of other people***
- ***They never ignore their own emotions***
- ***They never play a victim***

- ***They never allow their thoughts to run wild***
- ***They don’t focus on the negative***
- ***They don’t allow others to push them over***
- ***They never gossip***
- ***They rarely get overwhelmed***
- ***They don’t live for others***
- ***They don’t mix their emotions***
- ***They don’t shy away from growth***
- ***They don’t hide their errors***

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