

## Understanding Your Emotions When You Are Upset

Most people believe that a high emotional intelligence (EQ) score means that people with a high degree of emotional intelligence are happier, more successful, healthier, and more confident.

Psychology professor Jay Gottman with a score of 100 (the highest possible score) doesn't really change after the test of EQ, but his EQ can be increased at any time with a little practice.

Emotional intelligence begins with knowing how to recognize your emotions, which often come from your gut, your body, your feelings, your thoughts, and your actions. The emotional intelligence questionnaire that you will take will help you to understand what you are feeling and the positive things you can do in the future to feel more confident.

Begin by thinking about the last time you were really upset. Perhaps you were angry at someone else, or perhaps you were upset about something you did, or you were frustrated or depressed.

Describe the situation that made you feel upset.

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Describe any interactions that occurred in the situation.

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Describe anything you did that contributed to the situation.

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How did the situation make you feel both emotionally and physically? Be specific.

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