

Understanding Your Emotions When You Are Upset

Most people believe that a high emotional intelligence (EQ) score predicts positive health. However, research shows that people with a high degree of emotional intelligence are happier, more successful, and more healthy.

Emotional intelligence is not just a matter of having a high EQ score. It's not just a matter of having a high EQ score. It's not just a matter of having a high EQ score. It's not just a matter of having a high EQ score.

Emotional intelligence helps with learning to recognize your emotions and how they affect your actions. It also helps with recognizing your own emotions and how they affect your actions. It also helps with recognizing your own emotions and how they affect your actions.

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. Write down the situation.

Describe the situation that made you feel upset.

Describe any interactions that occurred in the situation.

Describe anything you did that contributed to the situation.

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