

## 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 age of 70, 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, and your spirit. The emotional skills you practice will help you understand what you're feeling and what you're doing to feel better. It's not just about feeling better, it's about feeling better in the future.

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 perhaps you were angry at yourself.

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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