

Understanding Your Emotions When You Are Upset

Most people believe that a high emotional intelligence (EQ) score predicts positive health. Hundreds of studies on this subject have shown that people with a high degree of emotional intelligence are happier, more successful, healthier, and more resilient.

Emotional intelligence has been defined as the ability to recognize, understand, and manage one's own emotions and the emotions of others. It can be increased at any time with a little practice.

Emotional intelligence begins with knowing how to recognize your emotions and the emotions of others. This involves being able to identify your emotions and the emotions of others. It also involves being able to regulate your emotions and the emotions of others. This involves being able to control your emotions and the emotions of others. This involves being able to use your emotions and the emotions of others to your advantage.

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 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? Describe your emotions in detail.
