

## 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 has been with a lot of people with high emotional intelligence and they don't really change after the test of EQ, but we can be increased at any time with a little practice.

Emotional intelligence begins with knowing how to recognize your emotions and how to affect your emotions. You can give feedback, particularly when you are upset. The emotional intelligence questionnaire has your emotions affected before when you are upset and the questionnaire you can do in the future to find out how you feel.

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 and you felt guilty 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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