

Understanding Your Emotions When You Are Upset

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

Psychologists actually say that with a score of 100, your emotional intelligence score doesn't really change after the age of 30, but you can be increased at any time with a little practice.

Emotional intelligence helps with learning to recognize your emotions, which affects your emotions. You can use this tool to help you understand your emotions. The emotional intelligence questionnaire has your emotions affected before when you were 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 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.

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.
