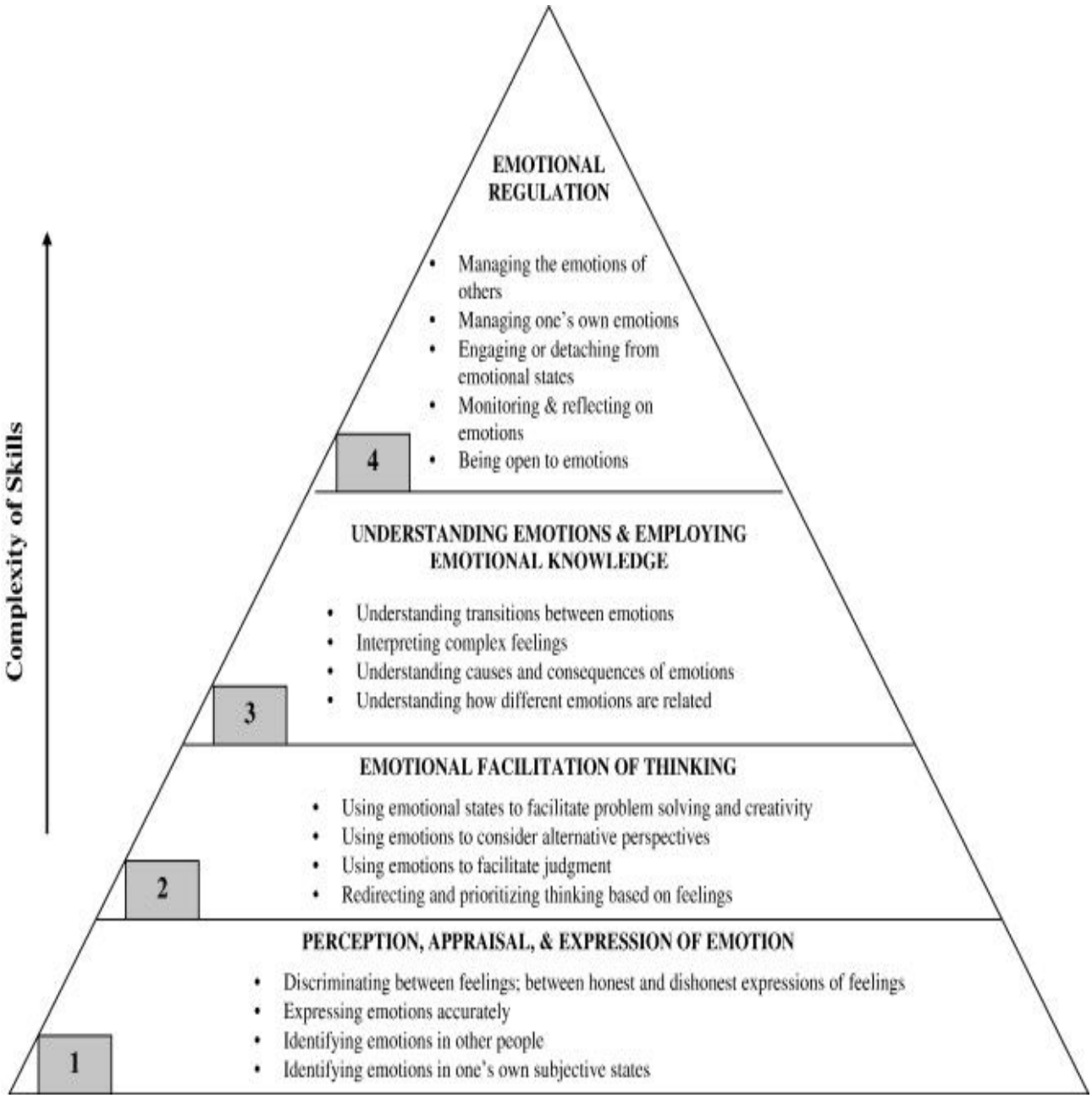
Complexity of Skills
EMOTIONAL REGULATION
• Managing the emotions of others
• Managing one's own emotions
• Engaging or detaching from emotional states
• Monitoring & reflecting on emotions
• Being open to emotions
4
UNDERSTANDING EMOTIONS & EMPLOYING EMOTIONAL KNOWLEDGE
• Understanding transitions between emotions
• Interpreting complex feelings
• Understanding causes and consequences of emotions
• Understanding how different emotions are related
3
EMOTIONAL FACILITATION OF THINKING
• Using emotional states to facilitate problem solving and creativity
• Using emotions to consider alternative perspectives
• Using emotions to facilitate judgment
• Redirecting and prioritizing thinking based on feelings
2
PERCEPTION, APPRAISAL, & EXPRESSION OF EMOTION
• Discriminating between feelings; between honest and dishonest expressions of feelings
• Expressing emotions accurately
• Identifying emotions in other people
• Identifying emotions in one's own subjective states
1