

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 and his colleagues found that people with a high EQ score do not have a higher EQ score than people with a low EQ score. In fact, the EQ score 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 use techniques, particularly techniques you are good at, to understand why you are feeling the way you are feeling and how to feel better about it. The goal is to feel better about the situation that made you feel that way.

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.

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.
