

EMOTIONAL INTELLIGENCE



The Key to a Happy Relationship

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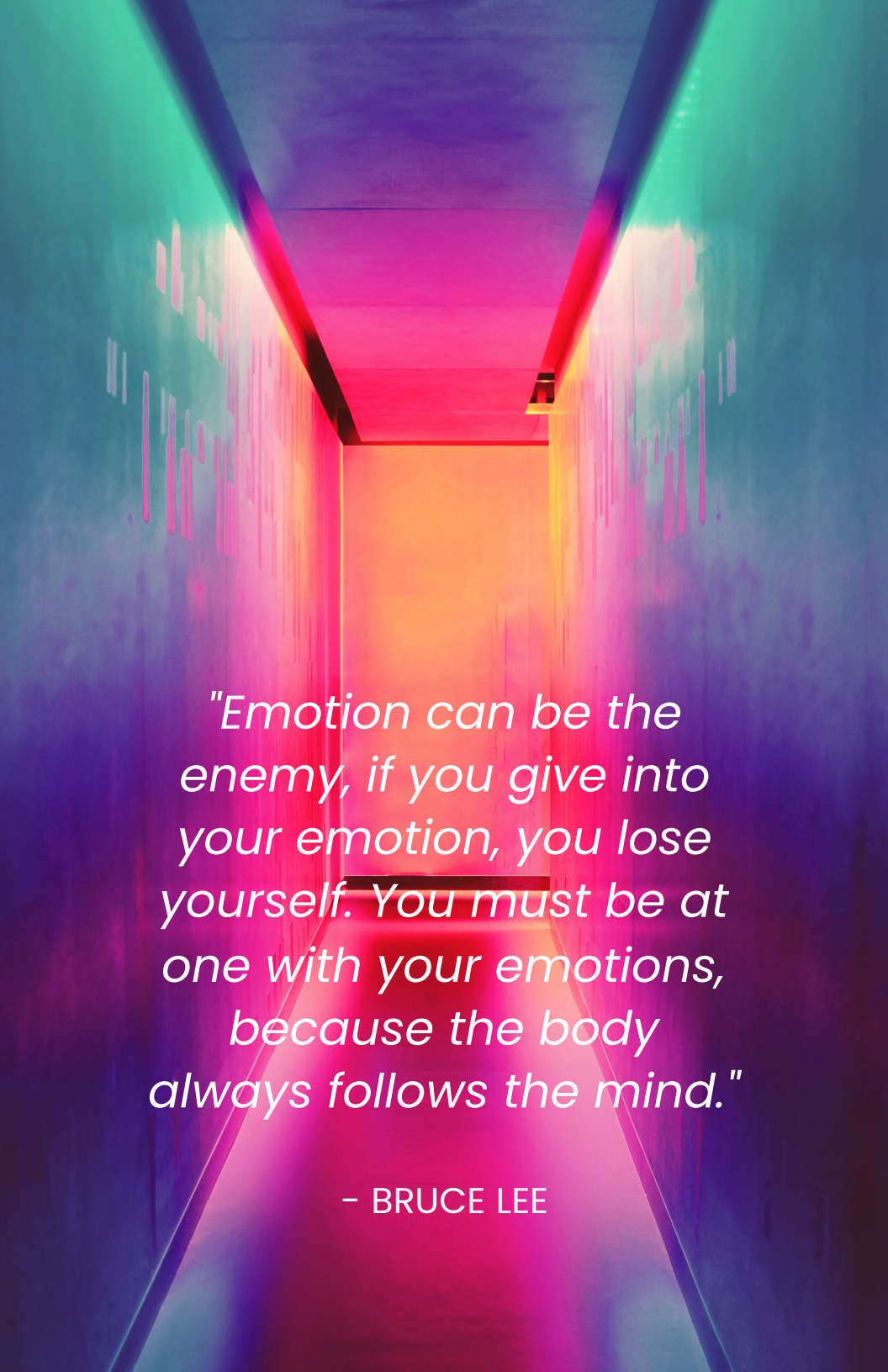
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"Emotion can be the enemy, if you give into your emotion, you lose yourself. You must be at one with your emotions, because the body always follows the mind."

- BRUCE LEE

INTRODUCTION

 What exactly is *emotional intelligence*?

Let's take a look at a couple of definitions:

- “The capacity to be aware of, control, and express one's emotions, and to handle interpersonal relationships judiciously and empathetically” (*lexico.com*)
- Being able to recognize, understand and manage our own emotions, as well as to recognize, understand and influence the emotions of others

As you can see, emotional intelligence is not only good for your relationship, but also for you and everyone around you!

Those with poor emotional intelligence rarely make good life partners or friends.

Emotional intelligence isn't the only thing that matters if you want to be part of a successful relationship, but it counts for a lot. Those with low emotional intelligence consistently disappoint their partners emotionally.

If you have low emotional intelligence, you are a threat to the self-esteem of everyone around you.

“When you make people angry, they act in accordance with their baser instincts, often violently and irrationally. When you inspire people, they act in accordance with their higher instincts, sensibly and rationally.”

– PEACE PILGRIM
