



Emotional Intelligence: Learn Better Communication And Raise Your Interpersonal And Leadership Skills (Communication, Problem Solving, Positive Psychology, Emotions)

Michele Gilbert

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With your courage, commitment, and conscious action, you will experience a new quality of life that conforms to your passion and purpose, rather than trying to trick yourself into believing that your current circumstances are right for you.

Ask yourself some questions:

- How am I feeling right now?
- What is the name or label of that emotion? (i.e. sadness, excitement, anxiety, etc.)
- What shade of that emotion am I feeling? (i.e. anger can range from frustrated and annoyed to infuriated and raged)
- Where in my body do I experience that feeling?
- What triggered, and continues to trigger, this emotion?

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