

What about EQ?

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Emotional Intelligence (EI), often measured as an **Emotional Intelligence Quotient (EQ)**, describes an ability, capacity, or skill to perceive, assess, and manage the emotions of **one's self, of others, and of groups**. In other words, EQ refers to the capacity for recognizing our **own feelings and those of others, for motivating** ourselves, and for managing emotions well in us and in our relationship. It describes abilities distinct from academic intelligence measured by IQ. Many people who are **book-smart** but lack EQ *end up working FOR people* who have lower IQs than them but who excel in EQ skills.

One of the models describes EQ as follows:

1. Detecting emotions
2. Using emotions
3. Understanding emotions
4. Managing emotions.

It is about not jumping to conclusions, but getting the whole picture *before you react*. I repeat, the key to high EQ is an understanding of your emotions and the emotions of others, and acting in the most appropriate way based on that understanding.

Here is a QUIZ (I have underlined my response):

Situation : A friend has borrowed a small thing, but high in sentimental value. You've asked for your friend to return the item, but your friend does not bring it back.

Your Response:

- You let it go. Friendship is more important than material items.
- You give your friend the cold shoulder until he or she returns your item.
- You admit to your friend how important the item is to you and why you would like it back, and ask your friend to return the item to you.
- You end the friendship. You don't need a friend who disrespects you and your feelings.

Whatever is your EQ today, *remember one thing:*

*Your EQ will **increase drastically** provided that you make a cautious effort for it.
But take it easy!*

References:

- [1]. Goleman, D. (1995). Emotional Intelligence: Why it can matter more than IQ. New York: Bantam Books.
- [2]. Mayer, J.D., DiPaolo, M.T., and Salovey, P. (1990). "Perceiving affective content in ambiguous visual stimuli: A component of emotional intelligence." Journal of Personality Assessment, 54, 772-781.
<http://humanlinks.com/>, <http://quiz.ivillage.com/health/tests/eqtest2.htm>

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