



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

Michele Gilbert

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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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