# Five Components

# EMOTIONAL INTELLIGENCE

## Social Skills

Being able to create and maintain healthy relationships



# **Decision-making**

The ability to make responsible choices and accept their outcome

# **Empathy**

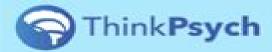
The capacity to empathize and appreciate another perspective

## Self-awareness

The knowledge of one's own thoughts, feelings and motivations

# Self-regulation

The ability to regulate emotions and actions in a variety of environments



@@iThinkPsych



# **Emotional Intelligence 2**

**Philip Carter** 

<b>Emotional</b>	Intelligence	2	:
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