



# Emotional Intelligence\*

It is remarkable the degree to which the rationale behind *Raising Responsible People* leads to qualities of emotional intelligence. Qualities of emotional intelligence are more highly correlated with success in marriage, career, and decision making than is IQ. Our demanding environment requires emotional intelligence of our children more stringently than ever.

## Characteristics of Emotional Intelligence

### Self-Awareness

- Self-acceptance (liking one's self)
- Identifying and naming feelings
- Managing feelings
- Monitoring self-talk and its effects of mood
- Self-disclosure
- Knowing relationship between thoughts, feelings and actions
- Recognizing patterns in own emotional life

### Impulse Control

- Ability to delay gratification
- Projecting consequences of actions
- Identifying alternative actions
- Planning before acting

### Self-Motivation and Persistence

- Goal setting
- Using steps for problem solving and decision making
- Adjusting plans and goals
- Motivating oneself in the face of obstacles
- Optimism (a better predictor of college success than SAT's)

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\* Based on *Emotional Intelligence: Why it Can Matter More Than IQ* by Daniel Goleman. New York: Bantam Books, 1995.

## Empathy

- Understanding the feelings of others
- Ability to take the perspective of others
- Appreciating differences
- Ability to read the emotions of others
- Pro-social behavior

## Personal Responsibility

- Recognizing the consequences of one's decisions and actions
- Taking responsibility for the way these decisions and actions affect others
- Following through on commitments
- Adjusting actions and making reparations when necessary

## Social Deftness

- Cooperation
- Conflict resolution
- Negotiating compromise
- Sense of social appropriateness
- Group dynamics—when to lead and when to follow

How are we to equip our children with emotional intelligence? It seems we cannot afford to leave it to chance or accident.

Take a moment and go back through this list. Determine which “Core Practices” and which strategies from *Raising Responsible People* (such as allowance, chores, using responsible language) will lend themselves to equipping our children with each trait of emotional intelligence.