Session 2: Emotions and Emotional Intelligence

1. In-Session Questions

This exercise explores each of the five E-Skills in turn. As you work through each E-Skill during the session, pause to reflect on how you use that skill by answering the relevant question. Just click on the tab on theleft hand side to see thequestion and record your response.

Question 1:

[progressally_note post_id="16629" note_id="1" allow_attachment="yes"]

Question 2:

[progressally_note post_id="16629" note_id="2" allow_attachment="yes"]

Question 3:

[progressally_note post_id="16629" note_id="3" allow_attachment="yes"]

Question 4:

[progressally_note post_id="16629" note_id="4" allow_attachment="yes"]

Question 5:

[progressally_note post_id="16629" note_id="5" allow_attachment="yes"]

2. Homework Exercises

Digging into Emotions and Emotional Intelligence

This session was all about building a solid understanding of emotions and Emotional Intelligence. In particular, we focused on the five ‘E-Skills’ that underpin Emotional Intelligence, and how you currently use those skills. These exercises provide you with an opportunity to dig deeper and not just consolidate and expand your knowledge in this area, but also identify ways that you can apply that knowledge in your day-to-day-life. You can complete the exercises online by completing each of the questions, below, or you can use your workbook PDF.

Exercise 1: General Principles

In this exercise, you will explore your understanding of emotions, including what they are and why we experience them. Follow the instructions below and write your responses in the spaces provided.

Question 1:

[progressally_note post_id="16629" note_id="6" allow_attachment="yes"]

Question 2:

[progressally_note post_id="16629" note_id="11" allow_attachment="yes"]

Question 3:

[progressally_note post_id="16629" note_id="12" allow_attachment="yes"]

Question 4:

[progressally_note post_id="16629" note_id="13" allow_attachment="yes"]

Question 5:

[progressally_note post_id="16629" note_id="14" allow_attachment="yes"]

Question 6:

[progressally_note post_id="16629" note_id="15" allow_attachment="yes"]

Question 7:

[progressally_note post_id="16629" note_id="16" allow_attachment="yes"]

Exercise 2: Emotional Awareness

Let’s think about how you view your own level of Emotional Awareness right now. For each question, think about the statement and give yourself a score on a scale of 1 (strongly disagree) to 10 (strongly agree).

Please answer honestly; there is no judgment here – this is simply to help you think about your current abilities in this E-skill.

Once you have given yourself a score, take a moment to think about why you gave yourself that score, and jot down your thoughts.

Question 1:

[progressally_note post_id="16629" note_id="17" allow_attachment="yes"]

Question 2:

[progressally_note post_id="16629" note_id="18" allow_attachment="yes"]

Question 3:

[progressally_note post_id="16629" note_id="19" allow_attachment="yes"]

Question 4:

[progressally_note post_id="16629" note_id="20" allow_attachment="yes"]

Question 5:

[progressally_note post_id="16629" note_id="21" allow_attachment="yes"]

Question 6:

[progressally_note post_id="16629" note_id="22" allow_attachment="yes"]

Exercise 3: Beliefs About Emotions

Let's think about beliefs you hold about emotions right now. For each question, think about the statement and give yourself a score on a scale of 1 (strongly disagree) to 10 (strongly agree).

Please answer honestly; there is no judgment here – this is simply to help you think about your current abilities in this E-skill.

Once you have given yourself a score, take a moment to think about why you gave yourself that score, and jot down your thoughts.

Question 1:

[progressally_note post_id="16629" note_id="23" allow_attachment="yes"]

Question 2:

[progressally_note post_id="16629" note_id="24" allow_attachment="yes"]

Question 3:

[progressally_note post_id="16629" note_id="25" allow_attachment="yes"]

Question 4:

[progressally_note post_id="16629" note_id="26" allow_attachment="yes"]

Question 5:

[progressally_note post_id="16629" note_id="27" allow_attachment="yes"]

Question 6:

[progressally_note post_id="16629" note_id="28" allow_attachment="yes"]

Exercise 4: Recognising Emotions as Data

Now let's think about how you use the feedback you get from your emotions to guide your actions and thoughts. For each question, think about the statement and give yourself a score on a scale of 1 (strongly disagree) to 10 (strongly agree).

Please answer honestly; there is no judgment here – this is simply to help you think about your current abilities in this E-skill.

Once you have given yourself a score, take a moment to think about why you gave yourself that score, and jot down your thoughts.

Question 1:

[progressally_note post_id="16629" note_id="29" allow_attachment="yes"]

Question 2:

[progressally_note post_id="16629" note_id="30" allow_attachment="yes"]

Question 3:

[progressally_note post_id="16629" note_id="31" allow_attachment="yes"]

Question 4:

[progressally_note post_id="16629" note_id="32" allow_attachment="yes"]

Question 5:

[progressally_note post_id="16629" note_id="33" allow_attachment="yes"]

Question 6:

[progressally_note post_id="16629" note_id="34" allow_attachment="yes"]

Exercise 5: Emotional Regulation

Let’s think about how effective you think you are at managing your emotions. For each question, think about the statement and give yourself a score on a scale of 1 (strongly disagree) to 10 (strongly agree).

Please answer honestly; there is no judgment here – this is simply to help you think about your current abilities in this E-skill.

Once you have given yourself a score, take a moment to think about why you gave yourself that score, and jot down your thoughts.

Question 1:

[progressally_note post_id="16629" note_id="35" allow_attachment="yes"]

Question 2:

[progressally_note post_id="16629" note_id="36" allow_attachment="yes"]

Question 3:

[progressally_note post_id="16629" note_id="37" allow_attachment="yes"]

Question 4:

[progressally_note post_id="16629" note_id="38" allow_attachment="yes"]

Question 5:

[progressally_note post_id="16629" note_id="39" allow_attachment="yes"]

Question 6:

[progressally_note post_id="16629" note_id="40" allow_attachment="yes"]

Exercise 6: Emotional Expression

Let’s think about how you express your emotions. For each question, think about the statement and give yourself a score on a scale of 1 (strongly disagree) to 10 (strongly agree).

Please answer honestly; there is no judgment here – this is simply to help you think about your current abilities in this E-skill.

Once you have given yourself a score, take a moment to think about why you gave yourself that score, and jot down your thoughts.

Question 1:

[progressally_note post_id="16629" note_id="41" allow_attachment="yes"]

Question 2:

[progressally_note post_id="16629" note_id="42" allow_attachment="yes"]

Question 3:

[progressally_note post_id="16629" note_id="43" allow_attachment="yes"]

Question 4:

[progressally_note post_id="16629" note_id="44" allow_attachment="yes"]

Question 5:

[progressally_note post_id="16629" note_id="45" allow_attachment="yes"]

Question 6:

[progressally_note post_id="16629" note_id="46" allow_attachment="yes"]

Exercise 7: Session Reflection and Looking Ahead

What did you get out of this session? Take a moment to reflect on what insights you gained and what you have learned about emotions, emotional intelligence, and yourself.

[progressally_note post_id="16629" note_id="47" allow_attachment="yes"]