**Understanding Emotions**

Understanding emotional competence will help you know yourself and learn ways to fine-tune

your relationship skills.

Using the definitions listed on the right side of the page, place the letter of the correct

definition on the space for each Emotional Intelligence Competency term listed. There is only

one correct choice for each term.

1. \_\_\_\_\_\_\_ Stress Tolerance

2. \_\_\_\_\_\_\_ Independence

3. \_\_\_\_\_\_\_ Empathy

4. \_\_\_\_\_\_\_ Self-Regard

5. \_\_\_\_\_\_\_ Optimism

6. \_\_\_\_\_\_\_ Impulse Control

7. \_\_\_\_\_\_\_ Problem Solving

8. \_\_\_\_\_\_\_ Social Responsibility

9. \_\_\_\_\_\_\_ Assertiveness

10. \_\_\_\_\_\_\_ Flexibility

11. \_\_\_\_\_\_\_ Interpersonal Relationship

12. \_\_\_\_\_\_\_ Emotional Self-Awareness

13. \_\_\_\_\_\_\_ Happiness

14. \_\_\_\_\_\_\_ Reality Testing

15. \_\_\_\_\_\_\_ Self-Actualization

**a**. I am a responsible, cooperative and contributing

member of society. I am socially conscious and

concerned about others.

**b**. I am able to resist or delay an impulse, drive or

temptation when I choose.

**c**. I am able to achieve my potential and get involved in

things that lead to an interesting, exciting and

meaningful life.

**d**. I understand, accept and respect myself.

**e**. I am sensitive to what, how and why people feel and

think the way they do. I care about others and show

interest and concern for them.

**f**. I am self-reliant and autonomous in my thoughts and

actions.

**g**. I am able to look at the brighter side of life and

maintain a positive attitude even when times are tough.

h. I am able to identify problems as well as generate and

implement solutions.

**i**. I know what I feel and why I feel the way I do.

**j**. I am able to establish and maintain mutually satisfying

relationships. I am comfortable giving and receiving

affection.

**k**. I am able to withstand stressful situations without

falling apart by actively and positively coping with stress.

**l**. I feel good and at ease in school, work and leisure

situations. I am able to relax and enjoy my life.

**m**. I able to adjust my feelings, thoughts and behaviors

to changing situations and conditions. I am open to

different ideas and ways of doing things.

**n**. I am able to tune into the immediate situation and can

see things objectively; the way they are, rather than how

I wish or fear them to be.

**o**. I am able to express my thoughts and feelings and can

ask for what I need. I can defend my rights in a

constructive manner.

**Understanding Emotions**

**Answer Key**

1. **k** Stress Tolerance

2. **f** Independence

3. **e** Empathy

4. **d** Self-Regard

5. **g** Optimism

6. **b** Impulse Control

7. **h** Problem Solving

8. **a** Social Responsibility

9. **o** Assertiveness

10. **m** Flexibility

11. **j** Interpersonal Relationship

12. **i** Emotional Self-Awareness

13. **l** Happiness

14. **n** Reality Testing

15. **c** Self-Actualization