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**Four Areas of Emotional Intelligence**

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| **Self Awareness** | **Self Management** | **Social Awareness** | **Relationship Management** |
| Know your story and how it affects you | Learn skills for breathing and relaxation | Understand nonverbal social signals | Develop skills for reflective listening & empathy |
| Make peace with your past | Complete your basic emotional healing work | Develop a positive view of others | Learn skills for healthy assertiveness |
| Know your beliefs, your emotions & your behavior patterns | Learn skills for soothing & motivating yourself | Understand basic human emotional needs | Learn conflict resolution skills |
| Know your relationship patterns | Maintain healthy eating & exercise | Understand “games” & personal integrity | Develop skills for support & affirmation of others |

**Review your Quick Emotional Intelligence Self-Assessment to reflect on these suggestions for increasing your EI**