

Understanding Your Emotions When You Are Upset

Would you say that you have a high emotional intelligence or EQ? Hundreds of studies on this subject have shown that people with a high degree of emotional intelligence are happier, more successful in their careers, and even healthier!

Psychologists say that we are born with a certain IQ (cognitive intelligence) and this doesn't really change after the age of 12, but our EQ can be increased at any time with a little practice.

Emotional Intelligence begins with learning to recognize your emotions and the effect your emotions have on your behavior, particularly when you are upset. This worksheet will help you understand how your emotions affect your behavior when you are upset and the positive things you can do in the future to feel more in control.

Begin by thinking about the last time you were really upset. Perhaps you were angry at someone else, or perhaps you were upset about something you did and you feel guilty or depressed.

Describe the situation that made you feel upset.

Describe any external events that caused the situation.

Describe anything you did that contributed to the situation.

How did the situation make you feel both emotionally and physically? Be specific.

What did you want to do as a result of how you felt?

What did you *actually* do in this situation?

What did you want to say in this situation?

What did you *actually* say in this situation?

How did your emotions and behaviors affect you later? Were you still upset?

Did you do anything at that time to feel better?

Check any of the coping behaviors that might have helped you in this situation:

- I could have communicated how I felt.
- I could have walked away.
- I could have recognized my feelings, but not acted on them.
- I could have done some deep breathing.

