

Before And After Emotional Intelligence

REACTIVE	RESPONSIVE
SELF-CENTERED	SELF-AWARE
NEGATIVE	POSITIVE
ACTING OUT	MANAGING FEELINGS AND BEHAVIORS
DEPRESSED OR ANXIOUS	HAPPY AND ENTHUSIASTIC
FEUDS OR CLIQUES	BUILDING POSITIVE RELATIONSHIPS
PSYCHOLOGICAL "PEER FEAR"	FRIENDS AND MUTUAL SUPPORT
DRIFTING OR CONFUSED	CLEAR THINKING
DISENGAGED FROM SCHOOL	HIGHLY ENGAGED
HOSTILITY (BULLYING, AVOIDANCE, MANIPULATION)	RELATING (EMPATHY, KINDNESS, LOVE)
POOR COOPERATION SKILLS	COLLABORATIVE AND COOPERATIVE
LOW-FUNCTIONING WORK HABITS	RESPONSIBLE, PRODUCTIVE WORK HABITS
POOR COMMUNICATORS	REMARKABLE COMMUNICATORS
SUSCEPTIBLE TO PEER PRESSURE	SELF-MOTIVATED
LOW SELF-ESTEEM	CONFIDENT AND FULFILLED
FREAKING OUT FROM STRESS	HANDLING STRESS IN POSITIVE WAYS
POOR CHARACTER	ADMIRABLE FRIEND, COLLEAGUE, AND CITIZEN

Emotional Intelligence (EQ) is the ability to deal with ourselves, our relationships with others, and our lives in a healthy, caring, and productive way. It's a set of life skills that can be taught.