

Emotional Intelligence Reflection

Emotional intelligence is our body's ability to perceive, manage, and express our motions. It allows us to take what we are feeling inside and effectively communicate it to others. People with a high emotional intelligence are able to communicate their emotions effectively and actively listen to others all while computing how to appropriately respond. What is surprising is how much we are lacking in emotional intelligence as a human race. So many people make rash decisions without fully analyzing their true emotional state and understanding what is actually driving their decision. As a society, it is very important that we focus more on emotional intelligence and the different qualities that we may be lacking in. Too many lives are at stake to let emotions drive our decisions. If we could all better evaluate ourselves and our emotions, even when the situation is tense, many lives would be spared and we would be a better society as a whole.

I will be the first to admit that my emotional intelligence is not perfect. Even though I feel that I have a pretty good grasp on being able to read my own emotions and reading others, I still have a lot of room for improvement. To see more of an objective measure, I recently took an emotional intelligence test. According to the results, I scored a 71. It states that I am reasonably skilled when it comes to the core ability of identifying, perceiving, and expressing emotions in yourself and others. This allows me to process the readings of others, understand how they feel, and effectively identify my own emotions, which I agree with. I also agree with the fact that there is still much room to grow. What surprised me is that it states that I have a reasonably skilled ability to express my emotions. This I disagree with. I have always had difficulty taking what I feel and expressing it and communicating it. This usually leads to me holding in my emotions and in severe cases, shutting down and shutting people out that are around me.

Now that I have identified my main emotional intelligence weakness, it is time to formulate a plan to improve it. In the next few years as a PT student, I will strive to be more aware of how I express my emotions. Instead of holding it in, I will effectively talk it out amongst myself and trusted peers. If I am sad, I shouldn't be afraid to show it. If I am angry or upset, I will learn to effectively analyze what is the cause and make a plan to fix it versus letting it get the best of me. This in turn will allow me to better empathize with my patients to better understand their emotional state and how to effectively communicate with them to help them progress towards their goals.