I am a deeply emotional person to my core and sometimes feel hyper aware of my own emotions and of those around me. I am logical and rational, but sometimes my emotions can overthrow those things. I was excited to take an assessment on my emotional intelligence because I know that is something that I never had to worry about, or suspect I lacked. Overall, my results did not surprise me very much and I got an overall score of 112 (79th percentile). I am skilled at understanding and dealing with emotions as well as recognizing emotions in others and being able to resolve others’ conflict situations.

I know I lack self motivation sometimes, but I am driven to further my self-development. I was not surprised to find out that my impulse and self-control needed some improvement; those are things I have always struggled with. However, I was surprised to find out that my emotional self-awareness was limited. I always thought I had decent self-awareness, but after doing some research about what self-awareness really means, I do agree that my emotions can sometimes negatively affect my thoughts and behavior. I also have a tendency to excessively ruminate due to my anxious nature, I assume, which has definitely hurt me in the past. What I lack in self-awareness, I excel in social awareness and relationship management. I have always thought I was better at giving advice and fixing others’ problems rather than my own.

I am a “somewhat empathetic” person so I think if I can work on this trait by putting empathy in action (volunteering, listening to people different or less fortunate than myself) then I can build a better rapport with patients. Personally, I feel like I have always made genuine, healthy relationships with patients I have worked with as a PT tech, but this is an area I can always improve on as a physical therapist. Growing up in a middle-class bubble in New Jersey shielded me from a lot of adversity I came to face with when I moved to Richmond. I feel like just by experience of living somewhere different than my hometown has made me a more empathetic person.

I am also aware I become discouraged when things get tough and my emotions can spiral out of control, which leads to breakdowns sometimes. Stress management can help with these emotions, because we all know that stressful situations are unpreventable in work and in life. Effectively managing stress will help with staying emotionally present when times get tough and it can also help with my lack of self control and impulse control that I know I struggle with. Some stress management strategies include exercise, relaxation techniques like yoga and meditation, and therapy. I plan to focus on self care strategies like the ones listed above to effectively deal with stress throughout PT school and as a physical therapist.