

How Emotionally Intelligent are You?

by [Doris Jeanette, Psy.D.](#)

Emotional Intelligence Test:

Be honest with yourself for best results and write down your answers. If the answer is yes, be specific.

1- Are you aware of any physical sensations in your body in this moment?

For example are you aware of your feet? What you are sitting on? Your nervous system?

2- Are you aware of any emotions you are experiencing this moment? If so list them.

3- Are you aware of any feelings you are expressing this moment? If so, list them.

4- Are you breathing fully into the bottom of your lungs so that your belly goes outward, like a balloon?

5- Can you sense the area around your body?

For example do you know what is behind you? Beside you? Describe the energy between you and other objects in the room?

If you answered yes to all of the questions and was able to clearly identify your feelings and emotions, you definitely have a high degree of emotional intelligence. The more noes (vs yeses) you received, and less clear you were about your real feelings and emotions, the less you have.

Do not lament or feel bad about the degree of emotional intelligence you have at this moment. This amazing feeling ability is easy to increase, improve and expand. Some skillful coaching, training and studying can help you increase your EQ so you can use more of the natural skills and talents you were born to enjoy.

Emotional intelligence is the new “buzz” word in progressive businesses. “The Harvard Review” has repeatedly acknowledged the important role emotional intelligence plays in moving a successful business ahead of its competition.

Coaching is an effective way to improve your EQ and coaching itself is proving to be highly productive and effective. A recent study by the Personnel Management Association indicated training alone (like listening to CDs) increased productivity by an average of 22.4%, while training plus coaching or mentoring increased productivity by an incredible 88%. This is huge!

It seems clear, coaching is the only way to go for people who want to achieve peak preference at work and play. Leaders, athletes, coaches and organizations need to get into a healthy coaching relationship.

With a coach or consultant you can get your warm business moving toward a hot, sizzlingly success. With a coach you can increase your EQ so you can access your human potential and use your abilities for your benefit and the benefit of others.

Unfortunately, the traditional emotional intelligence tests used by most coaches place you in rigid categories. As far as I am concerned, as an emotional health expert and licensed psychologist with an active clinical practice for over 30 years, these tests are not reliable in terms of telling you the degree of emotional intelligence you actually possess.

In addition, these tests do absolutely nothing whatsoever to help you improve your emotional intelligence. These frequently used and expensive tests do not include body information and concrete data.

Body awareness, knowledge and information is the most essential ingredient you need to know if you want to develop more emotional intelligence. To increase your EQ you need to expand your awareness so it includes your body, your emotions and your feelings.

To be emotionally intelligent you need to know what your emotions are, what your feelings are and be able to express them. You need to know the difference between thoughts and feelings and be able to tell which one is controlling you in the moment.

You also need to know the difference between your conditioned responses, (which are reactions) and authentic emotions. To become more aware of this difference and your authentic feelings and emotions read or listen to, ["Opening Your Heart- Your Emotional Guide to Self Esteem. Ebook, Tapes, CDs.](#)

Emotional Intelligence, as two psychologists, Mayer and Salovey coined, and Daniel Goleman popularized, basically refers to the degree a person is not defensive. In this non defensive state a person is more self confident because they do not experience high levels of anxiety and therefore react with a conditioned response.

Without anxiety in your nervous system you can access and use more of your natural talents and skills. When you are able to relax, be open and self aware you are emotionally healthy. When you are in a non defensive state you function at your peak. When you are defensive you cannot achieve peak performance.

When you are in your natural, flowing state you have authentic self esteem. With solid mind body self esteem, you are responsible and make good decisions. You automatically conduct yourself in ways that are more loving and helpful to others.

Emotionally intelligent people are known for being approachable and having good relationships with people. This is the reason they succeed in business and in life. They have access to their emotions, feelings and body so they can use more of their human potential.

Coaches in order to be successful helping clients achieve emotional intelligence must have a high degree of this feeling quality themselves.

Coaches who possess the qualities women have been exhibiting for many centuries will be your best coach for emotional health and emotional intelligence training.

It is exciting and uplifting to see the emotional strengths women bring to the table finally being acknowledged in businesses relationships.

To simplify, when you get anxiety out of your body, you become more emotionally intelligent. So the first step is to increase your body awareness and the second step is to learn to relax and reduce your anxiety level.

In order to reduce your anxiety you need to know the difference between real fear and maladaptive anxiety. To learn more about real fear and maladaptive anxiety read or listen to, ["Opening Your Heart- Your Emotional Guide to Self Esteem."](#)

When your body is relaxed, you literally "pick up," and "receive" concrete physical information. Knowing this valuable data is what makes you emotionally intelligent. You feel, sense and read data in your environment other people are not paying attention to, ignoring or denying.

This incredible knowledge about what is going on inside of you, around you and between you and others, improves your ability to do anything and everything.

You can succeed at work, win a gold medal, make good friends, be a good lover and fulfill your purpose in life. Emotional intelligence is essential if you want to do your best in all areas of your life.

[Dr. Doris Jeanette](#) is available to coaches, leaders, organizations and businesses. Use her as a coach, trainer, consultant and speaker on Emotional Intelligence and Peak Performance. She can show you how to get more of this exciting, feeling quality in your coaching business, work life and personal life.

Sign up for Dr. Jeanette's free holistic psychology newsletter [The Vibrant Moment](#) with one click. With EQ you have more exciting, colorful, vibrant moments in daily life.

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Dr. Doris Jeanette is a radio show host, holistic psychologist, peak performance coach, speaker and author of [Opening Your Heart - Your Emotional Guide to Self Esteem](#), which teaches you the difference between defensive energy and strong, healthy energy so you can increase your emotional intelligence and enjoy life more fully. Available as tapes, CDs or ebook. Order at <http://www.drjeanette.com/tapes.html>

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