

W O R K S H E E T

EMOTIONAL
INTELLIGENCE



The Key to a Happy Relationship

W O R K S H E E T

EMOTIONAL INTELLIGENCE: THE KEY TO A HAPPY RELATIONSHIP

Emotional intelligence affects your relationship in so many ways! Use this worksheet to build your emotional intelligence. Your romantic partner will be pleasantly surprised by the difference!

SELF-AWARENESS: HOW WELL DO YOU UNDERSTAND YOURSELF?

1. What are some of your triggers for positive emotions, such as happiness? How do you communicate these to your partner?

2. What are some of your triggers for negative emotions, such as sadness or anger? How do you communicate these to your partner?

3. How can you set up your situation, and your experiences together, so that you can experience pleasant emotions a lot more frequently than negative emotions?

4. Identify one of your relationship mistakes. What can you do to correct this mistake?

5. List 3 of your most important values. Do you live these values? Give an example of a time when you demonstrated these values.

6. What are your relationship goals? What are your partner's relationship goals?

7. Review your day and consider your answers to these questions:

- How did you spend your time?
- What did you enjoy?
- What did you dislike?
- Did you lose your temper? If so, why?

- What was the best thing that happened to you? What was so great about it?

- What was the worst thing that happened?

- What would you change about the day?

- What did you learn about yourself today?

- How did you do in your relationship today? What did you learn about your partner? What could you have done better?

SELF-REGULATION

8. **Practice self-soothing:** What are some positive ways that you can count on to uplift your mood? What are some more ways that you would like to try?

9. **Practice self-discipline:** What are three things that you know you should do but have been putting off? Do them and congratulate yourself for your self-discipline!

10. Think of a decision that you've been struggling to make. Look at the situation from a long-term perspective. Looking at it this way, what are your best options? Pick one and run with it.

11. Describe an instance in which you had trouble controlling your emotions and demonstrated poor emotional self-regulation. What were the results?

12. Describe an instance in which you were able to control your emotions and demonstrated strong emotional self-regulation. What were the results?

13. Make a plan for how you can respond positively and effectively when your negative emotions are triggered.

EMPATHY

14. When was the last time that you focused on your partner and really listened to what they had to say - without judging, assuming anything, or interrupting? How can you build more of this into your daily routines?

15. Do you struggle to be able to see things from another's perspective? How can you practice this skill?

16. When can you schedule in a short time each day to meditate on feeling compassion for your partner?

SOCIAL SKILLS

17. Practice asking open-ended questions:

- What are some open-ended questions that you can ask someone that you've just met at a social gathering?

- What are some open-ended questions that you can ask your partner?

18. List 3 sincere compliments that you can give to your partner today and then do it. Plan to give them a sincere compliment at least once each day.

19. What are some sincere compliments that you could give to your co-workers?

20. What are some sincere compliments that you could give to a stranger that you encounter in your daily routine, such as someone waiting in the same line as you?

21. Do you know what your body language says about you?
What? How can you make some changes so that it will show
others more of what you'd like to communicate?