

Emotional Intelligence

Introduction

After reviewing the resources, I deepened my understanding of both familiar and new concepts, particularly "Emotional Intelligence." Before moving towards it, it's important to know about emotions. **Daniel Goleman** describes emotions as “impulses to act, the instant plans for handling life that evolution has instilled in us.” In simple terms, emotions are what we feel in response to different situations. Emotions can be:

- **Basic:** Happiness, sadness, fear, anger
- **Complex:** Love, guilt, shame, pride
- **Positive:** Contentment, gratitude
- **Negative:** Anxiety, loneliness, and so on.

Figure 1: Types of Emotions



Source: ([Chughtai , 2020](#))

Emotional Intelligence by Daniel Goleman.

Emotional Intelligence is the ability to recognize, understand, and manage these emotions in ourselves and others. It helps us navigate social interactions and handle situations with patience and insight. **Goleman** explains that while emotional intelligence sets our potential for self-mastery, emotional competence shows how well we use that potential in real-life situations. He outlines five key ways to develop emotional intelligence:

1. Self-awareness
2. Self-regulation

3. Motivation
4. Empathy
5. Social skills

Emotional intelligence is about using our understanding of emotions to respond effectively and intelligently to the world around us. (Segal Jeanne, Smith Melinda, Robinson Lawrence, 2024)

Eastern Philosophical Perspectives on Emotional Intelligence

While learning about different Eastern philosophies, the one that inspired me most is Taoism, an ancient Chinese tradition focused on living in harmony with the Tao. Articulated in Laozi's Tao Te Ching, Taoism promotes the concept of wu wei, or effortless action, encouraging the alignment of actions with emotions and the natural flow of life. This idea has inspired many, including the famous martial artist Bruce Lee.

References

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