

Reflective Journal on Emotional Intelligence

For a student like me belonging from Informational Technology sector who is always running after the code and its errors where the concept of Artificial Intelligence matters more, Emotional Intelligence might not be much important topic to be discussed for me. But living in the real world where we meet with hundreds of people daily, understanding the concept of emotional intelligence is must. Before studying this topic in class, I had always heard of improving intelligence quotient no one ever talked about emotional intelligence. After just one class of studying emotional intelligence, I now understood how important this topic is in our day-to-day life.

No one in this world is perfect. Everyone has some strength inside them and some weakness inside them. A man having high Intelligence Quotient might not have high Emotional Intelligence. Similarly, a person with high Emotional Intelligence might not have high Intelligence Quotient. A person in in right track for emotional intelligence when he/she is able to control his/her emotions positively as a result he/she can achieve his goals in his life, deal with almost all types of people and also live a life with less stress. In order to understand Emotional Intelligence properly the first thing we must do is to multiply our strength in productive way, improve our weakness by knowing them and control our bad emotions that can hamper on our career. It is definitely a difficult task which cannot be known in a day but the day when we start to understand it, we will definitely be able to climb the ladder of success.

Talking about Emotional Intelligence in my case I too have some strength and some weakness. I have the ability to speak fluently in diplomatic manner and handle various types of people. I am also a great listener who loves to learn different things from different people but some weakness is still following me. The thing I want to control is my anger. I often get angry if I find any small things which do not satisfy me. Sometimes I feel discomfort in working if there is high pressure and start to feel tiring as of which my emotions get distracted. Also, sometimes I speak more than I should due to which minor problems might get created. Understanding these things, I believe I must improve in the areas of my weakness so that I can convert my weakness to my strength.

The concept of Emotional Intelligence is a very complex thing. In order to have high Emotional Intelligence firstly we must improve own self. Experience is the best thing we need because I believe experience is the best master which will help for the future.