



Emotional Intelligence Quotations

1. The sign of an intelligent people is their ability to feel, self-validate, and express their emotions while they are low in intensity, in a controlled way before the emotions are highly charged and take control of the individual and drive the individual to commit immoral/unlawful acts.
~Tim Allyn~
2. You can't expect to prevent negative feelings altogether. And you can't expect to experience positive feelings all the time. The law of emotional choice directs us to acknowledge our feelings but to refuse to get stuck in the negative ones.
~Greg Anderson~
3. EQ was the best predictor of who the "star performers" would be in a group of engineers. The 'Adaptability' factor of the EQ-i™ turned out to be the best single predictor, accounting for 25% of the variance.
~Reuvan Bar-On~
4. There can be no knowledge without emotion. We may be aware of a truth, yet until we have felt its force, it is not ours. To the cognition of the brain must be added the experience of the soul.
~Arnold Bennett~

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5. In the fields I have studied, emotional intelligence is much more powerful than IQ in determining who emerges as a leader. IQ is a threshold competence. You need it, but it doesn't make you a star. Emotional Intelligence can.
~Warren Bennis~
6. Emotional Intelligence, more than any other asset, more than IQ or technical expertise, is the most important overall success factor.
~Warren Bennis~
7. Eighty percent of the people who fail at work do so for one reason: they do not relate well to other people.
~Robert Bolton~
8. Feelings are not supposed to be logical. Dangerous is the man who has rationalized his emotions.
~David Borenstein~
9. 58% of job performance is due to self-awareness, managing one's emotions, and building effective working relationships.
~Travis Bradberry~
10. As individuals, our success and the success of the profession today depend on our ability to read other people's signals and react appropriately to them.
~Steve Bressert~
11. The levels of cooperation required in the future may mean that EI [emotional intelligence] and other forms of intelligence such as creativity and self-transcendence will be valued over the intelligence measured by IQ tests. An intelligence centered in the heart is centered in the Self and therefore has a superhuman, trans-personal connection; the next phase of evolution, with its enormous challenges and increasing load of information, will require an integrated intelligence with access to the infinite.
~Graham Brown~
12. The essential difference between emotion and reason is that emotion leads to action while reason leads to conclusions.
~Donald Calne~
13. Emotional Intelligence is a concept whose time has come, whether you're a supervisor, manager, director or top executive.
~Jack Canfield~

14. Emotional intelligence is about using the power of emotion as a source of information, motivation and connection.
~Kate Cannon~
15. When dealing with people remember you are not dealing with creatures of logic, but with creatures of emotion, creatures bristling with prejudice, and motivated by pride and vanity.
~Dale Carnegie~
16. It is very important to understand that emotional intelligence is not the opposite of intelligence, it is not the triumph of heart over-head -- it is the unique intersection of both.
~David Caruso~
17. 75% of careers are derailed for reasons related to emotional competencies, including inability to handle interpersonal problems; unsatisfactory team leadership during times of difficulty or conflict; or inability to adapt to change or elicit trust.
~The Center for Creative Leadership~
18. Genius is the ability to renew one's emotions in daily experience.
~Paul Cezanne~
19. We think too much and feel too little. More than machinery, we need humanity. More than cleverness we need kindness and gentleness.
~Charlie Chaplain~
20. Realize that now, in this moment of time, you are creating. You are creating your next moment based on what you are feeling and thinking. That is what's real.
~Doc Childre~
21. If you don't manage your emotions, then your emotions will manage you.
~Doc Childre and Deborah Rozman~
22. Instead of resisting any emotion, the best way to dispel it is to enter it fully, embrace it and see through your resistance.
~Deepak Chopra~

23. I've worked all my life on the subject of awareness, whether it's awareness of the body, awareness of the mind, awareness of your emotions, awareness of your relationships, or awareness of your environment. I think the key to transforming your life is to be aware of who you are.
~Deepak Chopra~
24. If it's still in your mind, it's still in your heart.
~Paulo Coelho~
25. Emotional intelligence is the ability to sense, understand, and effectively apply the power and acumen of emotions as a source of human energy, information, connection, and influence.
~Robert K. Cooper~
26. If we lack emotional intelligence, whenever stress rises the human brain switches to autopilot and has an inherent tendency to do more of the same, only harder. Which, more often than not, is precisely the wrong approach in today's world.
~Robert K. Cooper~
27. Research shows convincingly that EQ is more important than IQ in almost every role and many times more important in leadership roles. This finding is accentuated as we move from the control philosophy of the industrial age to an empowering release philosophy of the knowledge worker age.
~Stephen R. Covey~
28. People who learn to control their inner experience will be able to determine the quality of their lives, which is as close as any of us can come to being happy.
~Mihaly Csikszentmihalyi~
29. It is not so much what people do but how they perceive and interpret what they are doing that makes the activity enjoyable.
~Mihaly Csikszentmihalyi~
30. Emotions are in some respect the most subjective elements of consciousness, since it is only the person himself or herself who can tell whether he or she truly experiences love, shame, gratitude, or happiness. Yet an emotion is also the most objective content of the mind, because the 'gut feeling' we experience when we are in love, or ashamed, or scared, or happy, is generally more real to us than what we observe in the world outside, or whatever we learn from science or logic.

Thus we often find ourselves in the paradoxical position of being like behavioral psychologists when we look at other people, discounting what they say and trusting only what they do; whereas when we look at ourselves we are like phenomenologist, taking our inner feelings more seriously than outside events or overt actions.

~Mihaly Csikszentmihalyi~

31. Emotion always has its roots in the unconscious and manifests itself in the body.
~Irene Claremont de Castillejo~
32. Genius is the ability to renew one's emotions in daily experience.
~Paul Cezanne~
33. One can overcome the forces of negative emotions, like anger and hatred, by cultivating their counterforces, like love and compassion.
~Dalai Lama~
34. When we talk about emotion, we really talk about a collection of behaviors that are produced by the brain. You can look at a person in the throes of an emotion and observe changes in the face, in the body posture, in the coloration of the skin and so on.
~Antonio Damasio~
35. Emotions and feelings are not a luxury, they are a means of communicating our states of mind to others. But they are also a means of guiding our own judgments and decisions. Emotions bring the body into the loop of reason.
~Antonio Damasio~
36. Rather than being a luxury, emotions are a very intelligent way of driving an organism toward certain outcomes.
~Antonio Damasio~
37. It is not enough to have a good mind; the main thing is to use it well.
~Rene Descartes~
38. Never apologize for showing feeling. When you do so, you apologize for the truth.
~Benjamin Disraeli~
39. Shift your attention, and your emotion shifts. Shift your emotion, and your attention shifts.
~Frederick Dodson~

40. Your intellect may be confused, but your emotions will never lie to you.
~Roger Ebert~
41. Emotions help keep us on the right track by making sure that we are led by more than cognition.
~Maurice Elias~
42. Live in terms of your strong points. Magnify them. Let your weaknesses shrivel up and die from lack of nourishment.
~William Young Elliott~
43. Companies can continue to give top priority to financial performance -- but many now also realize that technical and intellectual skills are only part of the equation for success. A growing number of organizations are now convinced that people's ability to understand and to manage their emotions improves their performance, their collaboration with colleagues, and their interaction with customers. After decades of businesses seeing "hard stuff" and "soft stuff" as separate domains, emotional competence may now be a way to close that breach and to produce a unified view of workplace performance.
~FastCompany~
44. There are cognitive processes and limbic reactions associated with basic emotions. And you can change brain chemistry, but you're still not going to change memories and experiences in a human being.
~Helen Fisher~
45. Experiencing one's self in a conscious manner—that is, gaining self-knowledge—is an integral part of learning.
~Joshua M. Freedman~
46. “What are the top issues you face at work?” Leaders identified that 76% are on the people/relational side, and only 24% on the finance/technical side. Among these 135 respondents, a massive 89% identify EQ as “highly important” or “essential” to meeting their organizations’ top challenges.
~Joshua M. Freedman~

47. Emotional Intelligence is a way of recognizing, understanding, and choosing how we think, feel, and act. It shapes our interactions with others and our understanding of ourselves. It defines how and what we learn; it allows us to set priorities; it determines the majority of our daily actions. Research suggests it is responsible for as much as 80% of the "success" in our lives.
~Joshua M. Freedman et al~
48. Serving one's own passions is the greatest slavery.
~Thomas Fuller~
49. A deadness occurs in relationships when people are no longer willing to tell each other how they really feel.
~Shakti Gawain~
50. Power comes not from the barrel of a gun, but from one's awareness of his or her own cultural strength and the unlimited capacity to empathize with, feel for, care, and love one's brothers and sisters.
~Addison Gayle, Jr.~
51. Our identity is very closely associated with our thoughts and feelings. Usually, when we feel anger, we become angry. We are anger itself. When we feel depressed, we are depression. When we feel greedy we are greed. It's easy to see ourselves in the emotional 'guise du jour' and mistake this costume for who we really are beneath it.
~Marc Gilson~
52. It is the mind which creates the world around us, and even though we stand side by side in the same meadow, my eyes will never see what is beheld by yours, my heart will never stir to the emotions with which yours is touched.
~George Gissing~
53. We are stronger than we think. We have emotional, spiritual and even physical resources at our disposal. We may get knocked down, but we don't have to stay down.
~Steve Goodier~
54. Increasingly, research is showing that what we used to think of as the soft skills (building and mending relationships, communication, and humility etc.) are completely connected to the business results.
~Jordan Goldrich~

55. Emotional intelligence counts more than IQ or expertise for determining who excels at a job -- any job -- and for outstanding leadership it counts for almost everything.
~Daniel Goleman~
56. Comparing the three domains, I found that for jobs of all kinds, emotional competencies were twice as prevalent among distinguishing competencies as were technical skills and purely cognitive abilities combined. In general the higher a position in an organization, the more EI mattered: for individuals in leadership positions, 85 percent of their competencies were in the EI domain.
~Daniel Goleman~
57. In leadership positions 85% of the competencies for success lie in the EI domain, rather than in technical or intellectual abilities.
~Daniel Goleman~
58. We are being judged by a new yardstick. It's not how smart you are but how you are smart! The technical skills or the business expertise that so often propelled people to the top are not the abilities that make you effective in inspiring people, in guiding people, in coaching, developing and motivating people.
~Daniel Goleman~
59. In a study of skills that distinguish star performers in every field from entry-level jobs to executive positions, the single most important factor was not IQ, advanced degrees, or technical experience, it was EQ. Of the competencies required for excellent in performance in the job studies, 67% were emotional competencies.
~Daniel Goleman~
60. Our genetic heritage endows each of us with a series of emotional set-points that determines our temperament. But the brain circuitry involved is extraordinarily malleable; temperament is not destiny.
~Daniel Goleman~
61. Analyses done by dozens of experts in 500 corporations, government agencies, and nonprofit organizations worldwide conclude that emotional intelligence is the barometer of excellence in virtually any job.
~Daniel Goleman~
62. Business leaders who maintain that emotions are best kept out of the work environment do so at their organization's peril.
~Daniel Goleman~

63. In a very real sense we have two minds, one that thinks and one that feels.
~Daniel Goleman~
64. Feelings are self-justifying, with a set of perceptions and "proofs" all their own.
~Daniel Goleman~
65. Our emotional mind will harness the rational mind to its purposes, for our feelings and reactions-- rationalizations-- justifying them in terms of the present moment, without realizing the influence of our emotional memory.
~Daniel Goleman~
66. What really matters for success, character, happiness and life-long achievements is a definite set of emotional skills – your EQ — not just purely cognitive abilities that are measured by conventional IQ tests.
~Daniel Goleman~
67. If you don't have self-awareness, if you are not able to manage your distressing emotions, if you can't have empathy and have effective relationships, then no matter how smart you are, you're not going to get very far.
~Daniel Goleman~
68. When I say manage emotions, I only mean the really distressing, incapacitating emotions. Feeling emotions is what makes life rich. You need your passions.
~Daniel Goleman~
69. In the last decade or so, science has discovered a tremendous amount about the role emotions play in our lives. Researchers have found that even more than IQ, your emotional awareness and abilities to handle feelings will determine your success and happiness in all walks of life, including family relationships.
~John Gottman~
70. To give vent now and then to his feelings, whether of pleasure or discontent, is a great ease to a man's heart.
~Francesco Guicciardini~

71. In hard times, the soft stuff often goes away. But emotional intelligence, it turns out, isn't so soft. If emotional obliviousness jeopardizes your ability to perform, fend off aggressors, or be compassionate in a crisis, no amount of attention to the bottom line will protect your career. Emotional intelligence isn't a luxury you can dispense with in tough times. It's a basic tool that, deployed with finesse, is the key to professional success.
~Harvard Business Review~
72. If we deny emotion, we lose all touch with our internal universe.
~Frank Herbert~
73. Thoughts which are mixed with any of the feelings of emotions constitute a “magnetic” force which attracts from the ether other similar or related thoughts. A thought thus “magnetized” with emotion may be compared to a seed which, when planted in fertile soil germinates, grows and multiplies itself over and over again until that which was originally one small seed becomes countless millions of seeds of the same brand.
~Napoleon Hill~
74. When one considers EI [emotional intelligence] in light of these domains, it becomes obvious that the field represents a set of comprehensive, interpersonal abilities rather than hardwired native skills; as such, it can be learned. EI [emotional intelligence] could well be called “affective effectiveness.” The affective domain consists of mind, will, and emotions (“heart knowledge”); it contrasts with linguistic, logical, mathematical, and spatial intelligences- the cognitive domain of “head” knowledge.
~Lt Gen Bradley Hosmer~
75. Reservations of the research tracking over 160 high performing individuals in a variety of industries and job levels revealed that emotional intelligence was two times more important in contributing to excellence than intellect and expertise alone.
~Institute for Health and Human Potential~
76. Proficiency in emotional management, conflict resolution, communication and interpersonal skills is essential for children to develop inner self-security and become able to effectively deal with the pressures and obstacles that will inevitably arise in their lives. Moreover, increasing evidence is illuminating that emotional balance and cognitive performance are indeed linked.
~Institute of HeartMath~
77. Do not only think about it, but feel about it, also, before taking appropriate action.
~T.F. Hodge~

78. There is no separation of mind and emotions; emotions, thinking, and learning are all linked.
~Eric Jensen~
79. Emotions drive people.... People drive relationships, performance, teams, productivity and success.
~Robert G. Jerus~
80. Emotional intelligence is a set of emotional, social and relational skills that guides the way we perceive, understand and express ourselves; connect with others; manage interpersonal exchange; cope with challenges; and apply emotional information in an effective, meaningful way.
~Robert G. Jerus~
81. The man who gets the most satisfactory results is not always the man with the most brilliant single mind, but rather the man who can best coordinate the brains and talents of his associates.
~W. Alton Jones ~
82. Emotional intelligence is in our DNA here at Avon because relationships are critical at every stage of our business.
~Andrea Jung~
83. There can be no transforming of darkness into light and of apathy into movement without emotion.
~Carl Jung~
84. Because of the furious pace of change in business today, difficult to manage relationships sabotage more business than anything else - it is not a question of strategy that gets us into trouble; it is a question of emotions.
~John Kotter~
85. Compassion is not religious business, it is human business, it is not luxury, it is essential for our own peace and mental stability, it is essential for human survival.
~Dalai Lama~
86. One can overcome the forces of negative emotions, like anger and hatred, by cultivating their counter-forces, like love and compassion.
~Dalai Lama~

87. Emotional competence is the single most important personal quality that each of us must develop and access to experience a breakthrough. Only through managing our emotions can we access our intellect and our technical competence. An emotionally competent person performs better under pressure.
~Dave Lennick~
88. Our feelings are our most genuine paths to knowledge.
~Audre Lorde~
89. If I feel depressed, I will sing. If I feel sad, I will laugh. If I feel ill, I will double my labor. If I feel fear, I will plunge ahead. If I feel inferior, I will wear new garments. If I feel uncertain, I will raise my voice. If I feel poverty, I will think of wealth to come. If I feel incompetent, I will think of past success. If I feel insignificant, I will remember my goals. Today, I will be the master of my emotions.
~Og Mandino~
90. The sign of intelligent people is their ability to control emotions by the application of reason.
~Marya Mannes~
91. Emotional and social intelligence is the ability to accurately assess, interpret, manage, and express emotions and solve problems of a personal and interpersonal nature toward realizing the pursuit of realistic and meaningful objectives.
~Derick Mann and Peter Papagogiannis~
92. Do not let another day go by where your dedication to other people's opinions is greater than your dedication to your own emotions!
~Steve Maraboli~
93. Feelings are much like waves, we can't stop them from coming but we can choose which one to surf.
~Jonatan Martensson~
94. An emotion occurs when there are certain biological, certain experiential, and certain cognitive states which all occur simultaneously.
~John D. Mayer~
95. There are emotions which are biologically oriented and then there are complex emotions which are saturated with thoughts and cognition.
~John D. Mayer~

96. An emotion occurs when there are certain biological, certain experiential, and certain cognitive states which all occur simultaneously.
~John D. Mayer~
97. Emotional intelligence is the ability to perceive emotions, to access and generate emotions so as to assist thought, to understand emotions and emotional knowledge, and to reflectively regulate emotions so as to promote emotional and intellectual growth.
~John D. Mayer & Peter Salovey~
98. There is no thinking without feeling and no feeling without thinking.
~Karen McCown~
99. EQ has twice the power of IQ to predict performance. EQ is also a better predictor than employee skill, knowledge, or expertise.
~Gerald Mount~
100. We cannot tell what may happen to us in the strange medley of life. But we can decide what happens in us — -how we can take it, what we do with it —- and that is what really counts in the end.
~Joseph Fort Newton~
101. Emotional intelligence (EQ) is emerging as a critical factor in high performance at work, at school, and at home. World leading organizations are adopting EQ practices into organizational development and human resources. Likewise, leading educators, hospitals, psychologists and coaches are using EQ tools to create positive results and meet pressing educational, family, health and social needs.
~Nexus EQ~
102. One ought to hold on to one's heart, for if one lets it go, one soon loses control of the head too.
~Friedrich Nietzsche~
103. Emotional literacy means being able to recognize what you are feeling, so that it doesn't interfere with thinking. It becomes another dimension to draw upon when making decisions or encountering situations. Emotional expression by contrast can mean being driven by emotions, so that it isn't possible to think. These two things are often confused, because we are still uncomfortable with the idea of the validity of feelings.
~Susie Orbach~

104. How you react emotionally is a choice in any situation.
~Judith Orloff~
105. Every day we have plenty of opportunities to get angry, stressed or offended. But what you're doing when you indulge these negative emotions is giving something outside yourself power over your happiness. You can choose to not let little things upset you.
~Joel Osteen~
106. Emotions are the glue that holds the cells of the organism together.
~Candace Pert~
107. The notion that others can make us feel good or bad is untrue. Consciously, or more frequently unconsciously, we are choosing how we feel at every single moment.
~Candice Pert~
108. While the mind looks for proof, the heart looks for engagement. While the mind looks for information, the heart looks for passion. While the mind looks for answers, the heart looks for experience. The mind makes a decision, and it's the heart that makes a commitment.
~Terry Pierce~
109. All emotions are pure which gather you and lift you up; the emotion is impure which seizes only one side of your being and so distorts you.
~Rainer Maria Rilke~
110. When you transform your mind, everything you experience is transformed.
~Mingyur Rinpoche~
111. Take control of your consistent emotions and begin to consciously and deliberately reshape your daily experience of life.
~Anthony Robbins~
112. The truth is that we can learn to condition our minds, bodies, and emotions to link pain or pleasure to whatever we choose. By changing what we link pain and pleasure to, we will instantly change our behaviors.
~Tony Robbins~
113. When awareness is brought to an emotion, power is brought to your life.
~Tara Meyer Robson~

114. In my 35 years in business I have always trusted my emotions. I have always believed that by touching emotion you get the best people to work with you, the best clients to inspire you, the best partners and most devoted customers.
~Kevin Roberts~
115. People typically attribute the lion's share of their success personally and professionally to their mental intelligence or IQ. Research in psychology and human performance over the last twenty years indicates the mental intelligence does contribute to success BUT the far more significant intelligence that accounts for personal and professional success is emotional intelligence!
~Michael Rock~
116. Civilization is the intelligent management of human emotions.
~Jim Rohn~
117. We are dangerous when we are not conscious of our responsibility for how we behave, think, and feel.
~Marshall B. Rosenberg~
118. Emotional strength develops out of your openness and willingness to tolerate, face, bear, and know as much of your moment-to-moment experience as possible. Being vulnerable, fully present, authentic, and genuine. Living your truth.
~Joan Rosenberg~
119. Negative emotions like loneliness, envy, and guilt have an important role to play in a happy life; they're big, flashing signs that something needs to change.
~Gretchen Rubin~
120. The degree of one's emotions varies inversely with one's knowledge of the facts.
~Bertrand Russell~
121. People in good moods are better at inductive reasoning and creative problem solving.
~Peter Salovey and John Mayer~
122. I think in the coming decade we will see well-conducted research demonstrating that emotional skills and competencies predict positive outcomes at home with one's family, in school, and at work. The real challenge is to show that emotional intelligence matters over-and-above psychological constructs that have been measured for decades like personality and IQ. I believe that emotional intelligence holds this promise.
~Peter Salovey~

123. I view emotions as organizing processes that enable individuals to think and behave adaptively.
~Peter Salovey~
124. Learning how to become emotionally literate is one of the best investments that human beings can make for themselves, their children, and the future.
~Ayman Sawaf~
125. Each of us makes his own weather, determines the color of the skies in the emotional universe which he inhabits.
~Bishop Fulton J. Sheen~
126. When all is said and done, the only change that will make a difference is the transformation of the human heart.
~Peter Senge~
127. Charisma is energy, energy from the heart zone. Charisma occurs when your feelings are transferred in their purest form to the audience. Charisma is not diluted feelings. It is not disguised. It is raw feeling. Charisma is the passing of our pure energy, our pure passion, to the audience.
~Gerry Spence~
128. There are certain emotions that will kill your drive; frustration and confusion. You can change these to a positive force. Frustration means you are on the verge of a breakthrough. Confusion can mean you are about to learn something. Expect the breakthrough and expect to learn.
~Kathleen Spike~
129. Emotion, which is suffering, ceases to be suffering as soon as we have a clear picture of it.
~Benedict Spinoza~
130. Emotional intelligence is when you finally realize that it's not all about you.
Peter Stark~
131. Emotion turning back on itself, and not leading on to thought or action, is the element of madness.
~John Sterling~
132. When we direct our thoughts properly, we can control our emotions.
~W. Clement Stone~

133. Just as your car runs more smoothly and requires less energy to go faster and farther when the wheels are in perfect alignment, you perform better when your thoughts, feelings, emotions, goals, and values are in balance.
~Brian Tracy~
134. Without passion, you don't have energy; without energy, you have nothing. Nothing great in the world has been accomplished without passion.
~Donald Trump~
135. Any emotion, if it is sincere, is involuntary.
~Mark Twain~
136. Let's not forget that the little emotions are the great captains of our lives and we obey them without realizing it.
~Vincent Van Gogh~
137. Emotions have taught mankind to reason.
~Marquis de Vauvenargues~
138. Harmonious emotional engagement is the tool that allows leaders to take full advantage of these three simple but profound principles:
 - People respond emotionally to every situation that occurs in an organization.
 - People's negative emotions reduce their performance in an organization.
 - People's positive emotions enhance their performance in an organization.~Timothy Warneka~
139. Individuals with highly developed EQ have learned how to manage these situations in a way that maintains personal health and respects others. The key word here is *learned*. It is believed that EQ skills can be developed long into adulthood.
~Hendries Weisinger~
140. For news of the heart, ask the face.
~West African saying~
141. There will be an evolution of skill sets. Knowledge is doubling, yet it takes ten years to become an expert. People will rely less and less on knowledge in their heads and instead on skills to find the knowledge. We'll be integrators—ability to analyze, think, research, collaborate (EQ is a huge component of one's ability to collaborate). People who have the skill set to keep up with the advances in technologies will experience success.
~Karie Willyerd~

142. Following your feelings will lead you to their source. Only through emotions can you encounter the force field of your own soul.
~Gary Zukav~
143. We cannot control what emotions or circumstances we will experience next, but we can choose how we will respond to them.
~Gary Zukav~