

EMOTIONAL INTELLIGENCE

SEMESTER - 5

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REG NO - 20BCET10093

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CASE 1 →

Examine what each of them might have done differently if they had all high emotional quotients.

Surabhi

If Surabhi had a high emotional quotient, she would be more self aware.

When she was excelling and doing great, she should have remembered that and should have given her best in the final examinations despite the fact that his father was in the ~~may~~ jail. Also, if she would have had the confidence, she wouldn't try to hide from Saunak. She should have regulated the information that she was giving to her peers to protect herself. She should have been positive and motivated for both, her father and the examination. Also, if she had a higher EQ, she wouldn't have run away when Saunak taunted him.

Saunak

If Saunak had an higher emotional quotient, he would be empathetic towards Surabhi. Keeping professional sourness aside, ~~so~~ he should have understood her situation and if not help her but atleast dont cause any problems as well. He would regulate his feelings as well. If Surabhi was doing better than him, instead of being jealous and causing problems he should have reflected and worked on himself. He would have had better social skills and would know how to behave.

Surabhi's friend

If Surabhi's friend had an higher emotional quotient, he would not have struck Saunak and would have dealt with the situation in a better way, by talking or explaining.