**Emotional Intelligence**

I had no idea about Emotional Intelligence before today’s topic. Today’s topic made me realize many things about EI. I realized that EI is also different intelligence apart from IQ. Having high IQ does not mean to have high EI and I am guy with average IQ and low EI. I am a little bit reserved and I always wondered why I have problem getting involved with people. If I have to talk with a person that I have never met, then I will face lots of difficulties while communicating with that person. Sometimes the situation also leads embarrassing moment. Therefore, I am always trying to be open while communicating with people to establish good relation. Today’s topic taught me that to live a successful and happy life, a person needs to grow not only with high IQ but also with high EI otherwise the person will face lots of difficulties while managing social and personal relationship.

I am very serious with my study and I always want to be good at it and learned from it. But I never care about my EI while maintaining my study. My main weakness is that I am reserved, I am little nervous and afraid to stand among many people and I cannot share my emotion comfortably with people. Today’s topic made me realize to be always open and straight forward with your emotion and react to people’s emotion. Another weakness of mine is taking worried about something that I failed to do. I have failed many things to do and I have always taken worry about them. Now I am trying to learn from my failure instead of taking worries about it and try to do that again and again until I finally done it. My main strength is that I am very honest guy and I never hesitate to help people whenever they ask for it and that what people love about me. From now on I will always take care about my emotions.