**Chapter 9 Reflection**

**Summary of Findings:**

I got an 8 in intrapersonal emotional intelligence, so I get my own emotions but don’t always put them into words. My interpersonal score was 11, meaning I can read people, but I don’t always react the best way. My adaptability score was a 9, so I don’t adjust quickly to changes. I also got an 8 in stress management, so I can handle stress, but there’s room to improve.

**Perception and Experiences:**

This seems right. I don’t struggle to recognize emotions but explaining them is different. I can usually tell how others feel, but my reactions aren’t always great. The adaptability score makes sense because I stick to what I know instead of adjusting too fast. Stress-wise, I don’t think I’m bad at handling it, but I let things pile up instead of dealing with them early.

**Changes Moving Forward:**

I could work on saying what I feel instead of just thinking it. Putting my thoughts into words might help with communication. Also, being more aware of how others react and adjusting could help. I should work on being more flexible instead of sticking to my usual ways. Stress-wise, like I said before, dealing with stuff earlier instead of waiting until it piles up would probably help.

**Chapter 12 Reflection**

**Satisfaction with Score:**

I got a 14 in competition, so I push for what I want but not aggressively. My collaboration score was 11, meaning I work with others but don’t always fully commit. My compromise score was 13, so I’ll meet in the middle when needed. My avoidance score was 14, meaning I steer clear of conflict when I can. My accommodation score was 12, so I put others first sometimes but not in a way that screws me over.

**Perception and Experiences:**

If something matters, I’ll stand my ground, but I’m not pushy. I try to balance working with others, compromising when it makes sense, but also knowing when to just avoid conflict. I don’t let people walk all over me, but if keeping the peace means backing off a bit, I’ll do it.

**Changes Moving Forward:**

I could handle conflict better instead of avoiding it. I should also be more proactive in teamwork instead of just going with the flow. Finding the right balance between competing, compromising, and accommodating would make communication and conflict resolution easier.