

## Lesson 10

### Emotional Intelligence

Emotions: Our behavior is influenced by intricate reactions known as emotions. They are made up of three parts: social-expressive, purposeful, and emotional.

Emotions' purposes: Emotions have a variety of purposes, such as influencing decision-making and facilitating social expression.

EQ vs. IQ: While IQ measures intelligence quotient (IQ), EQ (Emotional Quotient) evaluates emotional intelligence. The importance of EQ has come to light, particularly in social situations.

History of EI: A relatively modern idea, emotional intelligence investigates the ways in which emotions affect every aspect of our life, from social interactions to brain development.

Brain Development: Knowledge of the development of the adolescent brain provides important information, such as the reason for pruning, which is necessary for cognitive development.

Emotions and Health: Our emotions have an impact on our immune systems and general state of health. An emotionally balanced existence is essential.

Examine how decisions are made, both consciously and unconsciously, and how these affect our behavior and social interactions.