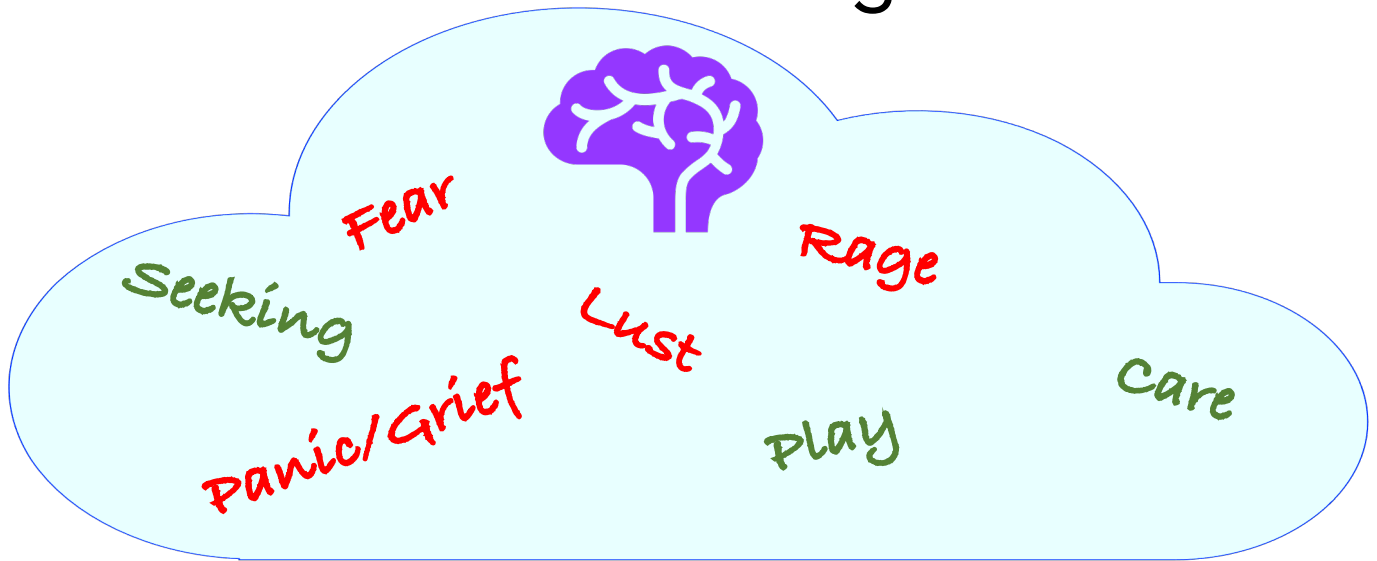


# Emotional Intelligence



## Self Awareness

Choice

Habit

### Self Management

- ✓ Autopilot Awareness
- ✓ Communication
- ✓ Purpose

### Social Awareness

- ✓ Inquiry
- ✓ Curiosity
- ✓ Respectfulness

### Relationship Management

- ✓ Active Listening
- ✓ Empathy
- ✓ Creativity

Judgement

Blame

Worry

Shame

Attack

Isolate

Victim

Control

Avoidance/Escape

Self Doubt

Fix it