21ST CENTURY LEADERSHIP

Career & Leadership Development Center

UNDERSTANDING EMOTIONAL INTELLIGENCE

PERSONAL COMPETENCE EXERCISE

BUILDING EMOTIONAL INTELLIGENCE

Everyone is entitled to feelings—good, bad, ugly. When we have negative feelings it's important to recognize them, try to understand them, and respond in healthy ways. This exercise will help you reflect on some of the negative feelings you've had in the last week and how you reacted. If you find your reaction had negative consequences, you can think about what you'll do in the future to handle things differently. Similarly, it's important to recognize the implicit biases that you possess as you begin this journey towards personal competence. The better you are at recognizing these biases, the quicker you will be able to combat and eventually unlearn them. Try to recognize what role implicit biases may play as you fill out this worksheet!

FEELING WORDS

Irritated, aggressive, resentful, provoked, disappointed, discouraged, lonely, helpless, pessimistic, distrustful, shy, embarrassed, sorrowful, crushed, offended, anxious, fearful, preoccupied

Which emotion was experienced? *e.g., Annoyed*	What caused this emotion? *e.g., Unwanted attention*	How did you respond? *e.g., Passively ignored the remarks*	What was the consequence? *e.g., I was uncomfortable*	If appropriate, provide an alternate response.