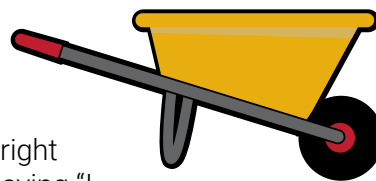
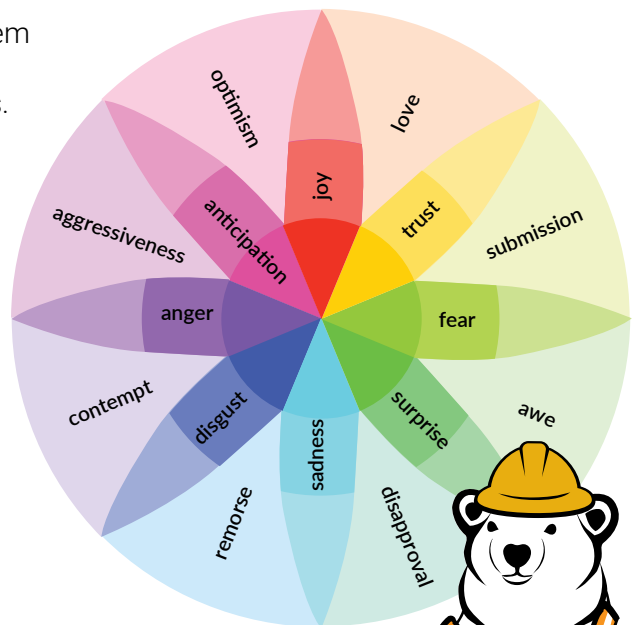


Improve Communication with Emotional Intelligence

We label emotions as “feelings” because we feel them in our bodies. They influence how we respond to others and how we make decisions in our daily lives. By understanding different types of emotions, you can gain better insight into your own and others’ needs and strengthen your emotional health and your relationships. While a deep appreciation of your emotional life (see circle of emotions) is often a lifelong journey, there are some basic emotional experiences you can start to tune into:

- Happiness
- Anger
- Sadness
- Fear
- Disgust
- Surprise



As you go through the upcoming week, track where these emotions live in your body by noticing your facial expressions, tone of voice, or changes in body tension. Notice what happened right before you experience an emotion and practice saying “I feel [insert emotion] when I experience [event].” For example, “I feel happiness when I watch my kids play together.” Or “I feel anger when someone cuts me off on the highway.”



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