

Emotional Intelligence Skill-Building Exercises

Self-Awareness

- Mood Journaling: Write down your emotions three times a day (morning, afternoon, evening). Note what triggered each feeling.
- Body Scan Meditation: Spend 5 minutes noticing physical sensations linked to emotions (tight jaw, racing heart, heavy shoulders).

Self-Regulation

- Pause & Breathe: In a conflict, count to 10 before responding. Pair this with 4-7-8 breathing (inhale 4, hold 7, exhale 8).
- Reframe the Story: When upset, write down the event. Then re-write it from a neutral or positive perspective.

Motivation

- Values Check-In: Write your top three personal values. Each week, journal one way you lived in alignment with them.
- Mini-Goals: Break down a big goal into three small steps. Reward yourself after completing each step.

Empathy

- Active Listening Drill: In conversation, don't interrupt. Repeat back what the other person said in your own words before responding.
- Perspective-Taking: Think of a current conflict and journal how the other person might be feeling or what need they're trying to meet.

Social Skills

- Gratitude Check-Ins: End your day by texting or telling someone one thing you appreciate about them.

- Conflict Role-Play: Practice a tough conversation with a friend or therapist, focusing on calm tone and respectful wording.