



## Mastering Your Relationships Through EQ

Building healthy relationships is one of the ways that you use your emotional intelligence.

How much of an impact does emotional intelligence have on your relationships? The short answer is: a lot! It's a powerful way to focus your energy in one direction with a tremendous result.

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Social competence is made up of your social awareness and your relationship management skills;

- **Social Awareness** is your ability to accurately notice emotions in other people and understand what is really going on.
- **Relationship Management** is your ability to use awareness of your emotions and others' emotions to manage interactions successfully.

We use interpersonal and intrapersonal skills, to varying degrees, in all our relationships. This includes relationships with loved ones, our significant other, our friends, our family, our colleagues, when we meet strangers or new people, and people we work with and see every day. They are the vital skills of how we be with, and relate to, other people.

Today's writing exercise is designed to assist you to see how empathetic and aware you are about others.

Grab your journal and spend some time in your favourite ME Time space. Then take your time answering these five questions, giving examples of when you were that way. Then for the next seven days, each night review the questions and write down when you acted that way during the day.

This will assist you to become more aware of you and your relationships from an emotional perspective.

Watch how your relationships improve through this awareness.

**Question 1: Are you able to sense what others are feeling?**

**Question 2: Do you understand the effect your feelings and behaviours have on others?**

**Question 3: Are you able to support others through emotional difficulties?**

**Question 4: Are you able to walk in their shoes?**

**Question 5: Do you ask engaging question and then just listen?**