

# Facets of emotional intelligence

	me	you
attitude	towards myself My self esteem	towards others Your self esteem
on the inside	how well I know myself Knowing me Self reflection Intuition	how well I read others Knowing you Relating
on the outside	my actions Bouncing back Passion Setting goals Being flexible Being open Being trusted	how I behave in relationships with others Trusting others Can do Expressing your emotions Handling conflict Give and take Motivating Forgiving

Bowes, M. 2006

<b>My self esteem</b>	How much I accept and value myself.
<b>Your self esteem</b>	How much I accept and value others.
<b>Knowing me</b>	How in touch I am in touch with my body, my well-being, my feelings and my intuitions.
<b>Knowing you</b>	How well I read others and pick up on their thoughts, feelings and moods.
<b>Self reflection</b>	How well I learn from my experience by reflecting on what I, and others, feel, think and do.
<b>Intuition</b>	How aware I am of my gut feelings, hunches, the voice inside.
<b>Relating</b>	How effectively I demonstrate mutual respect.
<b>Bouncing back</b>	My personal resilience – how I pick myself up after setbacks.
<b>Passion</b>	What drives me to take control of my life.
<b>Setting goals</b>	Having a clear direction and taking action to achieve my goals.
<b>Being flexible</b>	How free I feel to adapt my thinking and behaviour to match the changing situations of my life.
<b>Being open</b>	How easily and frequently I make significant connections with other people.
<b>Being trusted</b>	How much trust I get from others through being reliable, principled and consistent.
<b>Trusting others</b>	How carefully I invest trust in other people.
<b>Can do</b>	How well I balance optimism and realism.
<b>Expressing emotions</b>	How comfortable I am with emotions – my own and other people's. How effectively I regulate my emotions.
<b>Handling conflict</b>	How assertive I am.
<b>Give and take</b>	How well I manage to balance taking myself and others into account.
<b>Motivating</b>	My self drive – how effectively I take action, make things happen.
<b>Forgiving</b>	How easily I move on without resentment or grudges.