



Enhancing Emotional Health Exercises

Week 2

Enhancing Interpersonal Emotional Intelligence

Interpersonal emotional intelligence is the ability to recognize, understand and influence the emotions of others. This week we will work on exercises that will help you grow in interpersonal emotional intelligence.

This is not an exhaustive list of exercises, of course. Choose one or more idea, try it and see yourself grow!

3 W's Exercise for OTHER People

In a journal, each day record these 3 W's as regards to someone you are close to (friend, family) or a colleague:

- What are they feeling? (Think about their body language, voice tone, words.)
- Why are feeling that way? (Try to put yourself in their shoes.)
- What am I going to do about it? (How can you be nice? supportive? assertive?)



VICKI TILLMAN *coaching*

Take this social skills quiz from Psychology Today

<https://www.psychologytoday.com/tests/relationships/social-skills-test>



Make a list of things others do that are triggers for you

- In a journal list the last 5 things others did that made you feel angry, sad or afraid.
- What was the top thing that made you feel furious?
- What was the top thing that made you feel sad?
- What was the top thing that made you feel afraid?



Make a list of happy things

In a journal list the last 5 times others did something that made you laugh or feel happy.

What are the top 3 things that others did that made you laugh?

What are the top 3 things that that others did that helped you feel happy?