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emotional intelligence refers to the ability to perceive understand and manage one's own emotions and relationships it involves being aware of emotions in oneself and others and using this awareness to guide thinking and behavior emotional intelligence refers to the ability to identify and manage one's own emotions as well as the emotions of others emotional intelligence is generally said to include a few skills emotional intelligence involves awareness of emotions emotion regulation and effective communication emotional intelligence is teachable and is correlated with stronger and emotional intelligence eq or ei is the ability to perceive express and regulate emotions learn the role that emotional intelligence play in relationships and other areas in a nutshell emotional intelligence refers to the ability to identify and regulate our own emotions to recognize the emotions of other people and feel empathy toward them and to use these abilities to communicate effectively and build healthy productive relationships with others emotional intelligence set of psychological faculties that enable individuals to perceive understand express and control their emotions and to discern and respond appropriately to the emotions of others emotional intelligence facilitates thoughts and actions that take emotions into

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