

# Characteristics of Emotionally Intelligent People

- Take time to reflect on how they feel about their experiences.
- Are aware of their emotions in the moment. They are participant observers.
- Know what and who pushes their buttons and why.
- Consistently seek feedback. They are humble.
- Recognize the physical signs of their emotions.
- Avoid irrational, destructive patterns of thinking, including perfectionism.
- Take care of their body.
- Think before they speak.
- Employ active listening skills and strive to understand others.
- Pay close attention to verbal and nonverbal communication.
- Show empathy.
- Are present.
- Prioritize social interactions, even when they are challenging.
- Are curious of others and ask good questions.
- Build trust through consistency, reliability, fairness, and negotiation.
- Are direct and transparent in their communication.
- Use emotions with purpose.