

The BarOn EQ-i® Facets of EQ: 16 Skills Definitions

Self-Regard: the ability to respect and accept yourself as basically good.

Emotional Self-Awareness: the ability to accurately recognize one's feelings.

Emotional Expression: the constructive expression of emotions

Assertiveness: the ability to express feelings, beliefs, and thoughts, and defend one's rights in a nondestructive manner.

Independence: the ability to be self-directed and self-controlled in one's thinking and actions and to be free of emotional dependency.

Self-Actualization: the ability to realize your potential capacities.

Empathy: the ability to be aware of, understand, and appreciate the feelings of others.

Social Responsibility: the ability to be a cooperative, contributing, and constructive member of one's social group.

Interpersonal Relationship: the ability to establish and maintain mutually satisfying relationships that are characterized by intimacy and by giving and receiving affection.

Problem Solving: the ability to identify and define problems as well as to generate and implement potentially effective solutions.

Reality Testing: the ability to assess the correspondence between what is experienced and what objectively exists.

Flexibility: the ability to adjust one's emotions, thoughts, and behavior to changing situations and conditions.

Stress Tolerance: the ability to withstand adverse events and stressful situations without "falling apart" by actively and positively coping with stress.

Impulse Control: the ability to resist or delay an impulse, drive, or temptation to act.

Happiness: the ability to feel satisfied with one's life, to enjoy oneself and others, and to have fun.
(Focus on the present)

Optimism: the ability to look at the brighter side of life and to maintain a positive attitude, even in the face of adversity. (Focus on the future)