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Emotional intelligence 2.0

سؤال 1:

The five main emotions are

Happiness, anger, sadness, fear and disgust ☐

Anger, happiness, joy, cheerfulness, excitement ☐

Happiness, anger, sadness, fear and shame ☒

سؤال 2:

The path way of emotions indicates that

Emotions happens first and then the logical thinking ☒

Logical thinking happens first then emotions ☐

Both emotions and logic happens in the same time ☐

سؤال 3:

The definition of emotional intelligence includes

Understanding your emotions ☒

Remembering your emotions ☐

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Emotional intelligence 2.0

سؤال 4:

The personality traits are

Visual, auditory, kinesthetic ☐

Happiness, sadness, guilt ☐

Openness to experience, conscientiousness, extraversion, agreeableness, neuroticism ☒

سؤال 5:

Emotional intelligence affects many other personality characteristics

NO ☐

Yes ☒

Maybe ☐

سؤال 6:

The main pillars of emotional intelligence are

Smartness and goal setting ☐

Personal competencies and social competencies ☒

None of the above ☐

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Emotional intelligence 2.0

سؤال 7:

Self-awareness is defined as

The ability to understand the surrounding environment ☐

Know yourself ☐

Your ability to identify your own emotions in a given moment ☒

سؤال 8:

Self-management is

Managing your thoughts ☐

It is your ability to use your awareness of your emotions to stay flexible ☒

Manage your anger ☐

سؤال 9:

Social awareness is an expression used to describe

The ability to identify the emotions in others ☒

Manage the social circle ☐

Control people ☐

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Emotional intelligence 2.0

It is your ability to use your awareness of your emotions to stay flexible ☒

Manage your anger ☐

سؤال 9:

Social awareness is an expression used to describe

The ability to identify the emotions in others ☒

Manage the social circle ☐

Control people ☐

سؤال 10:

"It is your ability to use your awareness about your own emotions and the emotions of others" is definition of

Social management ☐

Emotional regulation ☐

Relationship management ☒

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