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| **Emotional Intelligence Reflection Form**  **Emotional Strengths and Weakness**  List what you believe your emotional strengths and weaknesses are   |  |  | | --- | --- | | Emotional Strengths | Emotional Weaknesses | |  |  | |  |  | |  |  |   **Personal Stressors**  List what you believe your personal stressors are   |  | | --- | | Personal Stressors | |  | |  | |  |   **Emotional Triggers**  List what you believe your emotional triggers are   |  | | --- | | Emotional Triggers | |  | |  | |  |   **Emotional Management**  List what you believe are potential ways that you can better manage your emotions   |  | | --- | | Emotional Management | |  | |  | |  |   **Self-reflection**  Provide a self-reflections analysis of how they can improve their emotional intelligence   |  | | --- | | Self-reflection | |  | |  | |  | |