

Bar-On Mixed Model of Emotional Intelligence: 15 inter-related emotional and social competencies

INTRAPERSONAL	Self-awareness and self-expression
Self-regard	To accurately perceive, understand and accept oneself.
Emotional self-awareness	To be aware of and understand one's emotions.
Assertiveness	To effectively and constructively express one's feelings and oneself.
Independence	To be self-reliant and free of emotional dependency on others.
Self-actualisation	To strive to achieve personal goals and actualise one's potential
INTERPERSONAL	Social awareness and interpersonal relationship
Empathy	To be aware of and understand how others feel.
Social responsibility	To identify with one's social group and cooperate with others.
Interpersonal relationship	To establish mutually satisfying relationships and relate well with others.
STRESS MANAGEMENT	Emotional management and control
Stress tolerance	To effectively and constructively manage emotions.
Impulse control	To effectively and constructively control emotions.
ADAPTABILITY	Change management
Reality-testing	To objectively validate one's feelings and thinking with external reality.
Flexibility	To adapt and adjust one's feelings and thinking to new situations.
Problem-solving	To effectively solve problems of a personal and interpersonal nature.
GENERAL MOOD	Self-motivation
Optimism	To be positive and look at the brighter side of life.
Happiness	To feel content with oneself, others and life in general.