

# Emotional Intelligence Self-Assessment Essay

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Emotional intelligence, or EI, has begun to make head way in the nursing world in its tie to leadership. Nurses are people, so they experience emotion just like every other person. Their work is stressful and trying, it provokes emotion due to the environment and situations at hand. The ability to recognize one's own emotions, along with those that present in others is an important skill (Morrison, 2008). Being able to recognize emotions makes it easier to manage our lives and our relationship with others. These are the aspects that make a person competent enough to say that they have emotional intelligence. Supporters of emotional intelligence believe that EI may be more valuable in determining a good leader than intellectual intelligence, or IQ (Faguy, 2012). The ability to assess one's own EI is vital and that is what this paper will consist of is my own capacity to assess myself. Personal competence is our own ability to manage ourselves. There are three subdivisions of personal competence. These subdivisions are self-awareness, self-regulation, and motivation (Sadri, 2012). Self-awareness is one's ability to recognize their personal moods, feelings, and drives. This area also pinpoints how these things affect the other people around an individual. Self-confidence, realistic self-assessment, and a self-deprecating sense of humor are the hallmarks of self-awareness (Morrison, 2008). These hallmarks allow us to monitor our emotional state and identify the emotions we are experiencing. My personal self-awareness is one that contains an equal amount of

strength and weakness. I am not always completely capable of recognizing my mood; however, it does not happen often. There are times when I get down and I do not recognize that I..... middle of paper .....nce of possessing personal and social competency. These competencies are necessary to create an appropriate work environment. References Codier, E., Freitas, B., & Muneno, L. (2013). Developing emotional intelligence ability in oncology nurses: a clinical rounds approach. *Oncology Nursing Forum*, 40(1), 22-29. doi:10.1188/13.ONF.22-29 Faguy, K. (2012). Emotional intelligence in health care. *Radiologic Technology*, 83(3), 237-253. Morrison, Jeanna. (2008). The relationship between emotional intelligence competencies and preferred conflict-handling styles. *Journal of Nursing Management*, 16(1), 974-983. Sadri, G. (2012). Emotional intelligence and leadership development. *Public Personnel Management*, 41(3), 535-548. Whitehead, D., Weiss, S., & Tappen, R. (2010). *Essentials of nursing leadership and management*. (5th ed.). Philadelphia, Pennsylvania: F.A. Davis Company.

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