



Discussion Questions for Reading Groups

Discussing EQ will help you bridge the learning–doing gap. Use these questions to start a meaningful dialogue and build your understanding of how the four EQ skills apply in daily living.

1. How many members in the group were familiar with the term “emotional intelligence” before reading *Emotional Intelligence 2.0*?
2. What’s the most important thing you discovered after reading *Emotional Intelligence 2.0*?
3. In your lifetime, have you felt an emotional hijacking similar to Butch Connor’s during his run-in with the shark?
4. What are the physical symptoms you experience with emotion? An example might be your face turns red when you’re angry.
5. How did you learn to recognize or manage your emotions? What about learning to recognize what other people are feeling and going through?
6. In your job, how are emotions dealt with? Is there anything covered in the book that will help you in the next six months at work? How about next week?
7. Without sharing specific numbers from the test in the book, which EQ skill score was your highest?
8. Which EQ skill score was your lowest? Which strategies will you practice to improve this skill?
9. What is a fundamental change you might like to make now that you know change can happen at a physical level? What would you like to train your brain to do?
10. What will make practicing EQ skills most challenging for you?



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11. What would you like to know from the other people in the group about how they:
 - Work on being more self-aware?
 - Self-manage?
 - Read feelings or emotions in other people?
 - Manage relationships?

12. Consider the following fascinating findings and discuss them as a group:
 - EQ tends to increase with age.
 - The biggest EQ gap between Baby Boomers and Generation Y (Millennials) is in their self-management skills.
 - Women and men have the same average self-awareness score, while men score higher in self-management and women score higher in social awareness and relationship management.
 - CEOs and other senior executives, on average, have the lowest EQ scores in the workplace.

13. How are EQ skills visible in current events today? Discuss politicians, celebrities, athletes, etc.

14. Can you think of any historical figures or events that were influenced by either poor management or excellent management of emotions?

15. Only 36% of people are able to identify their emotions accurately as they happen. Why do you suppose this is the case? How might someone get better at this?