



Additional Reading Group Questions

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This piece is provided for book groups. Each copy of The Emotional Intelligence Quick Book includes a list of reading group questions in Appendix B. Additional questions to support your group's learning follow.

Chapter 1. The Discovery

1. How familiar is each member of the group with their own emotions and their patterns?
2. Which moments in your life have been significant? How did emotions play a role and how did you manage or not manage them well?
3. Think of and discuss one big mistake you've made in the realm of personal or social competence? What happened and what would you do differently if something similar ever happened again?

Chapter 2. Amazing EQ

1. Only 36% of people tested are able to identify their emotions accurately as they happen? What about for you?
2. Discuss the upbringing and childhood experiences of girls and boys. What differences do you think contribute to how adult men and women deal differently with emotions?
3. Craig Shoemaker ignored his negative feelings about working on the Magic Hour Show. These were warning signals he could have used to make different decisions. When have you ignored emotions to your detriment?

Chapter 3. The Emotional Intelligence Appraisal®

1. Were you surprised by any of the scores?
2. Do you see a trend in your results?
3. Are you better at awareness or management?
4. Are you better with being aware and managing yourself or with others?

Chapter 4. Seven Important Questions

1. Has your emotional intelligence ever changed? Talk about your emotional intelligence skills and how they've changed as you've grown older.
2. Who have you known who is personally very competent, but not socially competent? How about vice versa?
3. Which emotional intelligence skill would you work on first? Why? What do you want to accomplish that you haven't already?
4. Have you ever seen emotional intelligence skills used to manipulate someone? How? What was the end result?
5. Give an example where you might benefit from "leaning into the discomfort".
6. What was the most interesting and important thing you learned about emotional intelligence from this book?
7. What are some of the "clues" you can watch for and techniques you can use to determine how the other person is feeling? How well do you do this, on a scale of 1 - 10?

Chapter 5. Changing Your Mind

1. What fundamental changes might you like to make now that you know change can happen at a physical level? What would you like to train your brain to do?
2. New Years resolutions may have new meaning for you now that you know how to train your brain. What will you do differently this year?
3. Who would you trust to know you're working on your emotional intelligence skills? At work? At home? Who would you want to be sure not to tell?

Chapter 6. Build Your Skills

1. Which emotions do you hate to feel and tend to avoid? Which emotions do you love to feel and seek out?
2. The authors show five core feelings on page 95 and contend that all emotions are derivations of these feelings - Happy, Sad, Angry, Afraid, Ashamed. Which two feelings do you tend to have more often than the others?
3. What emotional tendencies do you experience? These are the physical symptoms you experience with emotion. An example might be your face turns red when you're angry.

Chapter 7. Bringing Emotional Intelligence to Work

1. The authors presented a situation in which their own emotions got the best of them. What about in your work life?
2. Discuss how groups deal with emotions. Has your group ever dealt with emotions?
3. Discuss the difference between team EQ and individual EQ.
4. As a team member, which team EQ skills will you be good at?

Chapter 8. Taking Emotional Intelligence Home

1. Think of the relationships you've been in. How did repairs work or not work?
2. Describe the repairs you have received that worked really well for you.
3. Which types of repairs don't work for you when you are on the receiving end? Which repairs have you tried to make that fell flat?
4. What can emotional intelligence skills offer you in your relationship that you hadn't considered before? What types of topics do you and your partner repeatedly get emotional over?
5. Which emotional intelligence skills do you see your children practicing? Which skills are they better or worse at?
6. Which emotional intelligence skills do you want to model for your children?
7. What are the toughest types of emotional moments you have with your children and how might EQ skills help you in these? Pick an example and discuss it as a group,