

# People Who Are Emotionally Intelligent Have These 5 Special Qualities

[Mary Wright](#) Sep 26, 2017



**According to psychology, emotional intelligence is one of the most admirable traits you could possess. Read on to find out if you have these 5 characteristics that make you an emotionally intelligent person.**

Psychologists define emotional intelligence as the ability to identify and handle our emotions as well as the emotions of others in the most beneficial way for us and those around us.

**Many connect emotional intelligence with happiness, likability, and success.**

Even though many people are not aware of how emotionally intelligent they

are and what it really means to be an emotionally intelligent person, **their ability to manage and handle their emotions as well as them being always in tune with what they are feeling and why they are feeling it – are all characteristics of emotional intelligence.**

**Below are 5 characteristics that all emotionally intelligent people possess:**

### **1. They Apologize When They Are Wrong**

Emotionally intelligent people are not ashamed to say they are sorry and take the blame when they realize they are wrong. They know that sometimes a simple apology is what makes a situation better.

Emotionally intelligent people are aware that showing true regret can instantly make a person feel better and strengthen the relationship they have with that person.

### **2. They Question Themselves And Their Actions**

Emotionally intelligent people do not think that they know everything and are doing everything right. Rather, they tend always to question themselves and their actions.

They are very good at self-evaluating and are not afraid to ask questions about things to get another perspective. This is what makes them open-minded and susceptible to change.

### **3. They Do Not Sugarcoat The Truth**

Being an emotionally intelligent person does not mean being always kind to others and tolerating any nonsense that comes your way. Contrary, emotionally intelligent people are always honest in the communication with others.

They will speak what is on their mind because they know how important it is that a hard message is communicated and understood for things to change.

#### **4. They Take Good Care Of Their Mental Health**

Along with the ability to feel a variety of emotions, emotionally intelligent people sometimes can get overwhelmed and ‘a little lost.’

However, they will not sit and do nothing – but in times when their emotions are getting the best of them, they seek professional help. They are not ashamed to take the therapy needed to handle their emotions better.

#### **5. They Are Not Always Happy**

Being in tune with your emotions does not mean that you must be happy all the time. Emotionally intelligent people know this fact. They know that being able to experience, acknowledge, and welcome other emotions like sadness, anger, or grief is not a sign of weakness, but rather it is a sign of strength.

They are true to themselves and their emotions, and most importantly, they are okay even when they experience negative emotions.

If you are an emotionally intelligent person, your ability to handle your emotions and your strong mental health helps you to make the best out of every situation.

You are the one who is in control of yourself, and this has a positive effect on all your relationships and interactions with people.

Moreover, you can help others to get in touch with their emotions as well and teach them how to deal with difficulties that will come on their way.

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