

What do you think *emotional intelligence* means?  
How might it be helpful in life?



How does emotional intelligence and empathy  
impact our mental and physical health?

Your IQ, or intellectual intelligence, will get you through exams, into university and also help you solve all sorts of problems in your working life. But it is your emotional intelligence (EI) that will help manage the stress in those 5 situations. So, if you are someone who often feels anxious and on edge in the modern world – and a lot of people increasingly do – and wish you were more in control of things, perhaps it's time you looked into EI training.

*Put simply, EI training is about learning to understand 10 your feelings and to distinguish constructive emotions from harmful ones. In this way, you get to know when to follow your head and when to follow your gut feeling. At the same time, you develop a better understanding of how others feel, which in turn helps communication and 15 relationship-building.*

Our attitude to our emotions – whether we are sensitive to them, or whether we would just as soon they remained unexplored – is often formed in the early part of our lives. The first step in EI training is to make people aware of 20 what this attitude to their emotions is. Once you are more aware of your attitude, you can begin to manage your

emotions better. You can control negative feelings: gloomy predictions ('I know I'm going to mess this up') and nagging regrets ('If only I had done more preparation'). You can also learn to recognize when stress, anger or excitement might be influencing an important decision.

EI training will also reveal what emotions you betray to others non-verbally through what are called micro-expressions. These are unconscious facial expressions that appear for only a fraction of a second and express a concealed emotion or an emotion that has been too rapidly processed. For example, if you wish someone would stop talking to you because you are bored, you might look away momentarily. Even if you did not want to send this signal of boredom, the other person will almost certainly pick up on it. Understanding these micro-expressions is very useful for managing relationships. Supposing you were in a negotiation, for example, and were trying to decide whether to trust the other person; an ability to read such signals could be invaluable.

**The underlined ideas describe real / unreal situations  
The ideas describe a present / past situation**

## Would rather / would just as soon

+ verb  
+ sub + past verb

a preference for what someone or something should do.

I'd rather not go to .....

I'd just as soon stay home when .....

I'd rather some people didn't .....

I'd rather some relatives could .....

## I wish / If only (stronger)

+ past verb (different present)  
+ past perfect (different past)  
+ sub + would + verb (people stop doing something)

imaginary situations we would like to be true

If only I had more time to.....

I wish I had tried .....

If only people would .....

**It's (high) time**

+ sub + past (what needs to be done now)  
+ to verb (make a comment for both speaker and listener)

It's time people did something to .....

It's high time I did something .....

It's time to go (we should go now)

it's time to sleep

**Supposing / what if**

+ past verb (different present or future)  
+ past perfect (imaginary situation in the past)  
They are often used in questions

Supposing you won the lottery, what would .....?

What if you could go back in time, would .....?

Supposing you had been born in a different country, would you .....?

What if you had studied to be a ....., would you .....?

## ► UNREAL PAST FORMS

**would rather / would just as soon**

1 **We would just as soon they remained unexplored.**

**I wish / if only**

2 **You wish you were more in control of things.**

3 **If only I had done more preparation.**

4 **You wish someone would stop talking to you.**

**it's (high) time**

5 **It's time you looked into EI training.**

**Supposing / What if**

6 **Supposing you were in a negotiation, for example ...**

- a a wish about a past situation
- b a wish for someone to do or stop doing something
- c a wish about a present situation
- d a description of an imaginary situation
- e a statement of what needs to be done now
- f a preference for what someone/something should do

Complete the sentences with the correct form of the verbs

- 1 I'd just as soon people \_\_\_\_\_ to me openly about their feelings. I find it awkward.
- 2 I wish I \_\_\_\_\_ so irritated when small things go wrong.
- 3 I wish I \_\_\_\_\_ more enthusiasm when people tell me their good news.
- 4 Supposing I \_\_\_\_\_ very excited about something. I \_\_\_\_\_ it very hard to hide my feelings.
- 5 I often think I understand my feelings when really I don't. I wish someone \_\_\_\_\_ me how to recognize my true feelings.

1. **be**
2. **can / shown**
3. **find**
4. **not/get**
5. **not / talk**
6. **teach**

**What irritates you about modern life tell your  
classmates why these things irritate you.**

- 1** being stuck in traffic
- 2** waiting for things to download on the computer
- 3** receiving unwanted sales and marketing calls from companies
- 4** people who talk loudly on their mobile phones in public places
- 5** people pushing in front of you in a queue (on foot or in a car)
- 6** parents who embarrass you by thinking they are fashionable

Take some minutes to complete your own survey to discuss with the class

1. Would you rather ..... instead of .....?
2. Would you rather someone helped you with .....?
3. If only you had more ..... would you .....?
4. Is there something you wish you hadn't .....?
5. Would ..... if only your job was .....?
6. Do you think it's time you .....?
7. What if you could ..... would you .....?
8. What if you hadn't studies to be a ..... would .....?