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High Emotional IQ

- Peaceful, loving and kind
- Capable of sharing, generous, fair
- Open and honest
- Ethical, has integrity
- Nonjudgmental, accepting of others
- Empathetic, compassionate
- Expresses emotions constructively
- Sets boundaries
- Self-motivated
- Secure, confident, empowered
- Collaborative, cooperative
- Responsible
- Respectful
- Feels satisfied and successful

Low Emotional IQ

- Angry, sad, vengeful, mean-spirited
- Selfish, self-centered, self-serving
- Withdrawn, deceptive, evasive, aloof
- Lies, cheats, steals
- Judgmental, aggressive, bullying, abusive
- Jealous, competitive, insensitive
- Aggressive, rude, bullying
- Victim, follower, addictions
- Self-destructive behaviors, addictions
- Arrogant, dependent, follower
- Argumentative, competitive, uncooperative
- Dependent on others, unreliable
- Disrespectful, prejudiced, abusive
- Never satisfied, center of attention, greedy

Taken from: ***Loving the Children: Healing Through Parental Awareness***, by Anne Felt. Go to www.annefelt.com for book orders and excerpts. For information about coaching, workshops and services go to www.heartfeltcoaching.com. Email anne@heartfeltcoaching.com