

提高情商有妙招：你从来没有听过的EQ提升大法 PDF转换可能丢失图片或格式，建议阅读原文

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情商低，而八面玲珑就是情商高了！高情商的人，才能在职场这个江湖上漂得好，不挨刀！如何提高情商？做题？不对！做人，才是关键！不是做给别人看，是做给自己看！

Transcript Now let ' s take a look at some ways in which we can increase the levels of our own emotional intelligence so that employers will be fighting over us! [laughter] The first step is to label our own feelings rather than labelling situations or other people. We should say things like “ I feel angry ” instead of “ this is a ridiculous situation ” . Secondly, it is very important to know the difference between a thought and a feeling. In terms of language we express thoughts by saying “ I feel like ” or “ I feel as if ” but for feelings we say “ I feel ” and then a feeling word, an adjective happy, angry, frustrated. Next - and this is a crucial point - we should take more responsibility for our feelings. Instead of saying “ you are making me jealous ” we ought to say “ I feel jealous ” . After this we need to learn how to use our feelings to help us make decisions. Ask yourselves “ How will I feel if I do this? ” or “ How will I feel if I don ' t? ” 沪江小编：提高情商就要以“自我为中心”。听起来很怪异是不是？其实不然，如果你连自己的感情、思想都弄不清楚的话，又怎么能做出正确的决定呢？又如何规划自己的未来呢？所以，从现在开始，重视自己，从自身出发。从说“这里太糟了”改成“我感觉很糟”，这样你就会想方

设法地让自己感觉不糟，感觉好起来，事情就会有改变。如果你一味地认为“别人”“别处”不好的话，你永远也不会有改变的动力。 Another important issue here is respect. We have to respect the feelings of others. We should ask ourselves questions like “ How will this person feel if I do this? ” And of course it isn ’ t enough to just respect the feelings of others. We have to show others that we care. We do this through empathy and understanding. And we should accept people ’ s feelings. They are just as valid as our own. Then we come to energy. We need to turn anger into energy and use it to take action - productive action, that is. 小编：“以自我为中心”必然会产生问题就是“尊重”！你要尊重别人的“自我意识”，不能把自己的想法强加到别人身上，每个人都有权利有自己的想法。 Finally, after getting used to understanding and analysing our emotions, we should practise getting a positive value from them. Ask yourselves “ How do I feel and what could help me feel better? ” and don ’ t forget those around you - “ how do you feel? ” and “ what would help you feel better? ” To sum up I am going to leave you with two pieces of advice. Don ’ t criticize, advise, control or lecture others. Just listen with empathy and in a non-judgemental way. And what about people who invalidate you? Easy - avoid them. And when it isn ’ t possible to avoid them altogether, try to spend less time with them and don ’ t let them get to you. Follow this advice and I am sure that you will soon increase your EQ level. You will feel happier and more positive and hopefully this will rub off on those around you. 沪江小编：不要试图去批评、劝谏、控制、指导别人。正如你不会

轻易地被别人的话所改变一样，别人也不会因为你的三言两语就改头换面。你要做的只是倾听，不要带着任何的有色眼镜去评价任何事。如果“我不犯人，别人偏要犯我”怎么办？无视Ta，如果不能完全无视的话，那就尽量少和这些人接触。 #0000ff>点击此处，免费下载本文音频 100Test 下载频道开通，各类考试题目直接下载。详细请访问 [www.100test.com](http://www.100test.com)