



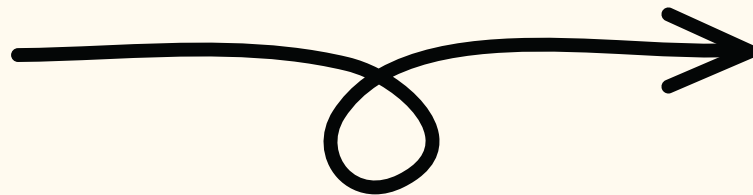
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AGDISTIS



Emotional Intelligence **Reflection Journal**



2022-1-ES01-KA220-SCH-000087432



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Editor

Victoria Shapkarina Rachiba, INDEPCIE

Authors

Victoria Shapkarina Rachiba, INDEPCIE

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WELCOME TO YOUR PERSONAL REFLECTION JOURNAL

This journal is your personal space to explore and reflect on your thoughts, feelings, and experiences. By writing down your reflections, you'll gain a better understanding of yourself and your emotions. Journaling can help you develop your emotional intelligence and learn to manage your emotions in a positive way. We will also introduce you to positive psychology, a field that focuses on your strengths and well-being.

Use this journal to discover more about who you are and to grow in ways that matter to you. Each section contains prompts and exercises designed to help you think deeply about different aspects of your life.

Remember, there are no right or wrong answers here – just your honest reflections.

Here's what you'll explore:

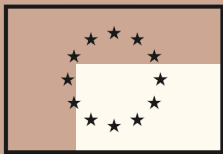
Section 1: Exploring Emotional Intelligence

Section 2: Positive Psychology and You

Section 3: Gender Identity and Expression

Section 4: Coping with Non-Normative Behavior

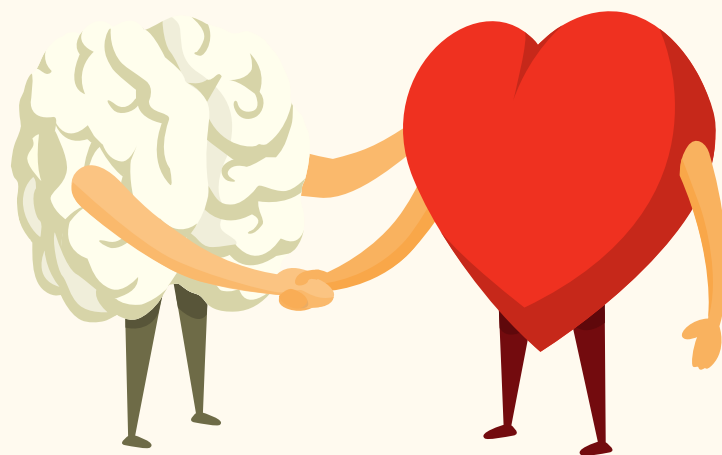
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SECTION 1

Exploring Emotional Intelligence



Emotional intelligence (EI) is the ability to understand and manage your own emotions, as well as recognize and influence the emotions of others. This skill is crucial for building strong relationships and handling social situations effectively.



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IDENTIFYING EMOTIONS

Think about a recent time when you felt a strong emotion (like happiness, sadness, or anger). What triggered this emotion, and how did you react?

Describe a situation where you found it difficult to understand how someone else was feeling. What did you do, and how did it turn out?



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MANAGING EMOTIONS

Reflect on a moment when you were able to calm yourself down after feeling upset. What techniques did you use, and were they effective?

Write about a time when you helped a friend manage their emotions. How did you support them, and what did you learn from this experience?



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USING EMOTIONS POSITIVELY

Think about how you use your emotions to motivate yourself. Describe a time when your emotions drove you to achieve something.

Recall a situation where you used empathy to resolve a conflict. How did understanding the other person's feelings help you find a solution?

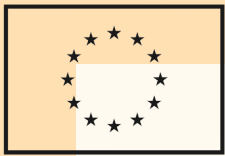


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BUILDING RELATIONSHIPS

Describe a time when your emotional intelligence helped you build a new relationship or improve an existing one. What did you do that made a difference?

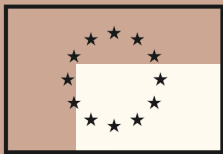
Think about a relationship where emotions often run high. How can you use your emotional intelligence to handle these situations more effectively?



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REFLECTION EXERCISE

Write about a recent situation where you felt misunderstood or had difficulty managing your emotions. Reflect on how you could apply what you've learned about emotional intelligence to handle this better in the future.

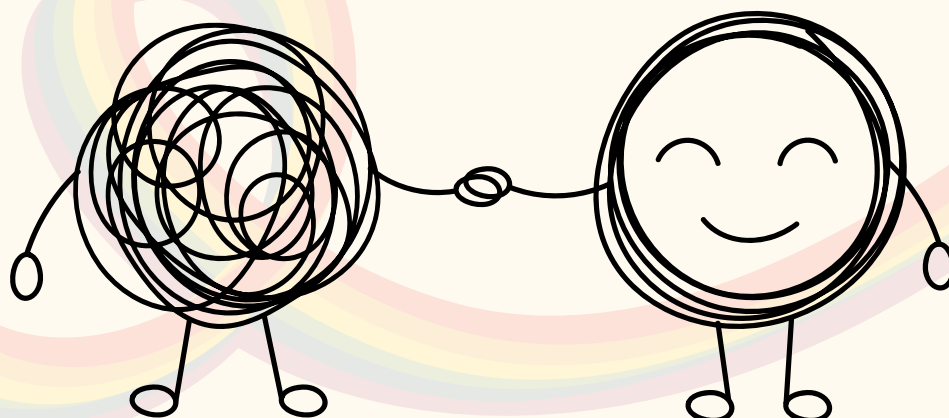


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SECTION 2

Positive Psychology and You

Positive psychology is the scientific study of what makes life most worth living, focusing on strengths, virtues, and factors that contribute to a fulfilling life. This section will introduce you to key concepts such as gratitude, resilience, and well-being, helping you apply these ideas to your own life.





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GRATITUDE

List three things you are grateful for today. How do these things make your life better?

Reflect on a time when expressing gratitude to someone improved your relationship. What did you say, and how did they respond?



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RESILIENCE

Write about a challenge you faced and how you overcame it. What strengths did you rely on, and what did you learn about yourself?

Describe a time when you bounced back from a setback. What helped you recover, and how did you grow from the experience?



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STRENGTHS

Identify a personal strength that you're proud of. Describe a situation where this strength helped you succeed.

Think about an area where you want to improve. How can you use your existing strengths to work on this area?

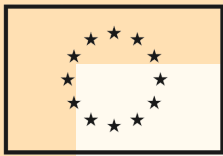


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WELL-BEING

Reflect on activities or habits that contribute to your well-being. How can you incorporate more of these into your daily life?

Write about a moment when you felt truly happy. What were you doing, and how can you create more moments like this?

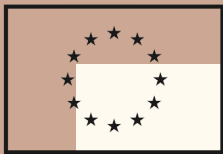


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REFLECTION EXERCISE

Choose one positive psychology principle (gratitude, resilience, strengths, or well-being) and write about how you can apply it to a current challenge in your life.

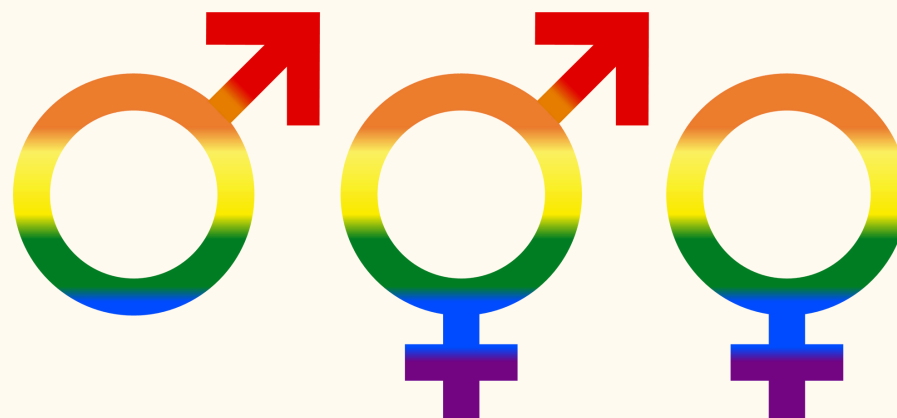
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SECTION 3 NOTICES

Gender Identity and Expression



Gender identity and expression are important parts of who you are. This section will help you reflect on your own experiences with gender and how you express yourself. Understanding and embracing your gender identity is a key part of emotional well-being.



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EXPLORING GENDER IDENTITY

How do you currently understand your gender identity? Write about what it means to you and how it has evolved over time.

Describe a moment when you felt particularly aware of your gender identity. How did it make you feel, and what did you learn from the experience?



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EXPRESSING GENDER

Think about how you express your gender in your daily life. Are there ways you express yourself that make you feel more authentic?

Write about a time when your gender expression didn't align with others' expectations. How did you handle the situation, and what did it teach you?



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DEALING WITH JUDGMENT

Reflect on a time when you felt judged because of your gender identity or expression. How did you respond, and what support did you find helpful?

Describe a situation where you stood up for yourself or others regarding gender identity or expression. How did it feel to advocate for acceptance?

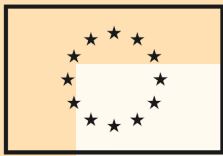


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FINDING SUPPORT

Who are the people in your life who support your understanding of your gender identity? How do they show their support?

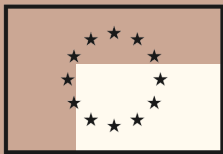
Write about a community or group that has helped you feel more comfortable with your gender identity. What about this group is supportive and welcoming?



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REFLECTION EXERCISE

Imagine a future where you feel completely comfortable with your gender identity and expression. Write a letter to your future self about how you got there and what advice you would give.



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SECTION 4 NOTIONS

Coping with Non-Normative Behavior

Non-normative behavior and identities often challenge traditional expectations and can be difficult to manage.

This section will help you reflect on your experiences with non-normative behavior and learn strategies to cope and thrive.





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UNDERSTANDING NON-NORMATIVE BEHAVIOR

Reflect on what non-normative behavior means to you. How have you experienced or witnessed it in your life?

Describe a time when you or someone you know engaged in non-normative behavior. What was the reaction, and how did you feel about it?



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HANDLING BULLYING AND EXCLUSION

Think about a time when you were excluded or bullied because of non-normative behavior. How did you cope, and what could you do differently in the future?

Write about a moment when you supported someone else who was being bullied or excluded. What did you do, and how did it impact the situation?



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BUILDING ACCEPTANCE AND RESILIENCE

Describe how you have learned to accept and embrace non-normative aspects of yourself. What has helped you build this acceptance?

Reflect on strategies that help you stay resilient when facing criticism or exclusion. How can you strengthen these strategies?

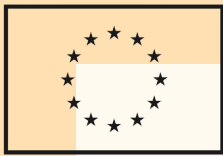


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SEEKING AND PROVIDING SUPPORT

Who are the people or resources that help you cope with non-normative behavior? How do they support you?

Think about how you can be a source of support for others dealing with non-normative behavior. Write about what you can do to help.



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REFLECTION EXERCISE

Write about a recent challenge related to non-normative behavior and how you handled it. Reflect on what you learned and how you can apply these lessons to future situations.

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