

8 Ways to Display Emotional Intelligence

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Show Empathy

Imagine yourself in others' shoes. Try to understand them, not to "fix" them.

Assume Good Intent

Believe people mean well. Trust first, question later.

Pause Before Reacting

Stop. Think. Then respond. Emotions are just information.

Ask Before Assuming

No one is a mind-reader. Questions clear up confusion.

Own Your Mistakes

Admitting when you're wrong shows strength, not weakness. Learn and move forward.

Say "Thank You"

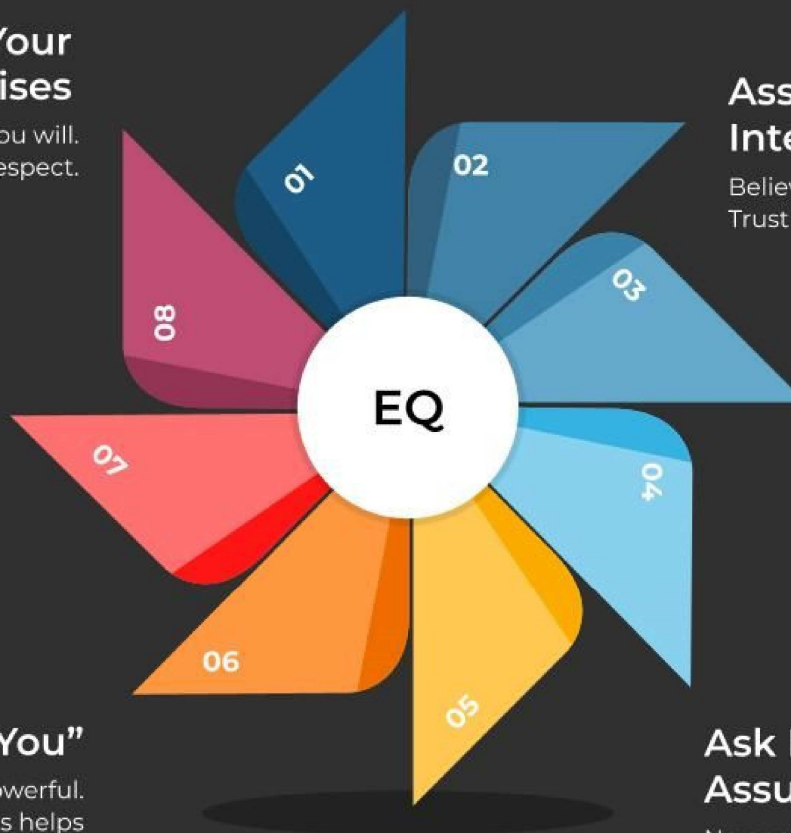
Gratitude is powerful. Recognizing others' efforts helps them feel seen and appreciated.

Lift Others Up

Encourage and support those around you. Their success is your success.

Keep Your Promises

Do what you say you will. Reliability builds trust and respect.



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