

FIGURE 2.2 VALENZUELA’S EMOTIONAL INTELLIGENCE PLANNER

TRIGGERING SITUATION	LABEL EMOTIONS	SEL STRATEGY
<p>Use the space provided to describe the situation that triggered you emotionally.</p>	<p>Eight primary emotions:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Anger <input type="checkbox"/> Anticipation <input type="checkbox"/> Joy <input type="checkbox"/> Trust <input type="checkbox"/> Fear <input type="checkbox"/> Surprise <input type="checkbox"/> Sadness <input type="checkbox"/> Disgust <p>Use the space provided to elaborate on secondary emotions you may be experiencing. Use Plutchik’s (2001) wheel of emotions as a reference.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Self-management <input type="checkbox"/> Social awareness <input type="checkbox"/> Relationship skills <input type="checkbox"/> Self-awareness <input type="checkbox"/> Responsible decision making <p>Use the space provided to elaborate on how you will use the EQ skills to regulate your emotions and find solutions to the problem.</p>