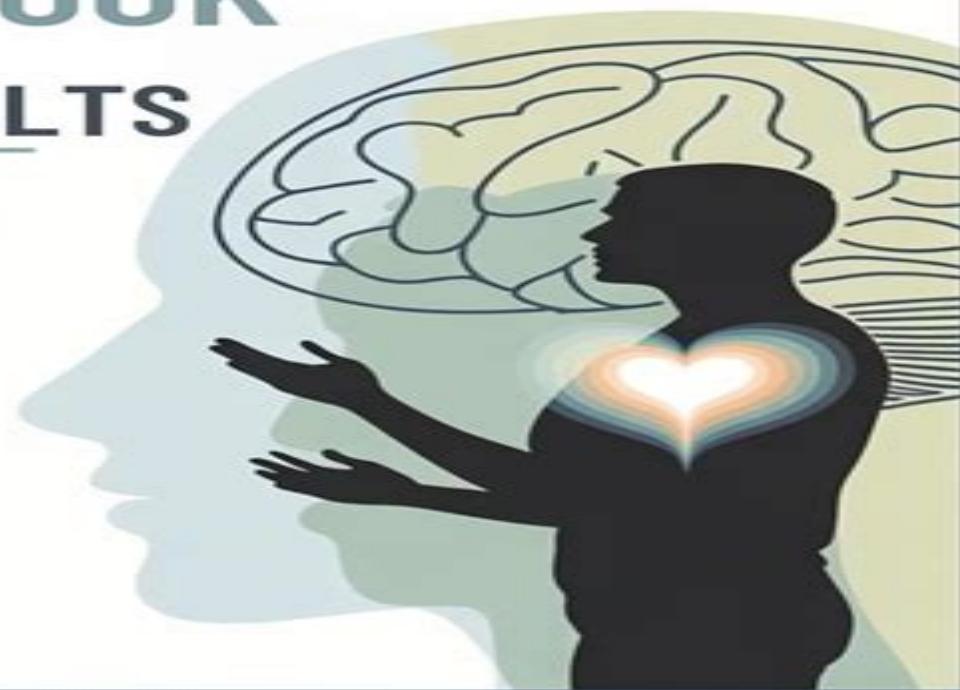


EMOTIONAL INTELLIGENCE WORKBOOK FOR ADULTS

Practical Exercise
to Improve
Self-awareness,
Emotional
Regulation,
Communication,
and Relationships



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