

# Emotional Intelligence (and other forms of intelligence)

**Emotional Intelligence** is a set of traits that enhance one's capacity to live in harmony with one's own emotions and to skillfully interact with the emotions of others. Emotional intelligence increases one's capacity to "use whatever other skills we have, including raw intellect."<sup>1</sup> Emotional intelligence is something that can be developed if you are willing to work at it.

**Multiplicity of intelligences.** (See *Frames of Mind*, Gardner, 1983) There is not just one kind of intelligence. In addition to the concept of emotional intelligence, intelligence can take on several other forms:

- **Verbal.** Standard academic sense of verbal skills that includes reading comprehension, putting thoughts into words, vocabulary skills—using language to express self.
- **Math-Logic.** The other standard academic measure of intelligence that includes math aptitude, the ability to reason methodically and logically, problem solving.
- **Spatial.** Examples of this intelligence would be the artistic genius who captures a moving sense of space, action, and dimension, or an architect or engineer who can visualize complex structures.
- **Kinesthetic.** Examples of this intelligence would be the genius of Magic Johnson on the court or an Olympic gymnast doing a floor exercise, or a person with the natural ability to dance well.
- **Musical.** Mozart is an example of a child prodigy, one who is born with a gift for music. This intelligence has to do with the ability to hear the music from within and to use music as a way of self-expression.
- **Interpersonal.** "Inter" means *between*, or relating between 2 or more people. This intelligence is exemplified by those who understand others and can interact skillfully with people, such as Carl Rogers (a famous counselor) or Martin Luther King, Jr. who could interact with large numbers of people.
- **Intrapsychic capacity.** "Intra" means *within*, "psychic" has to do with *the mind*. Intrapsychic capacity includes the ability to have insight (to see within) and to have an honesty with the self.

**Intellect.** The *intelligence quotient (IQ)* does not account for the full range of intelligences. It over-focuses on the first 2 items above. Historically, the concept of intellect ignores the whole dynamic of emotional intelligence, as well as the other items listed above.

---

<sup>1</sup> *Emotional Intelligence*, Daniel Goleman, 1995