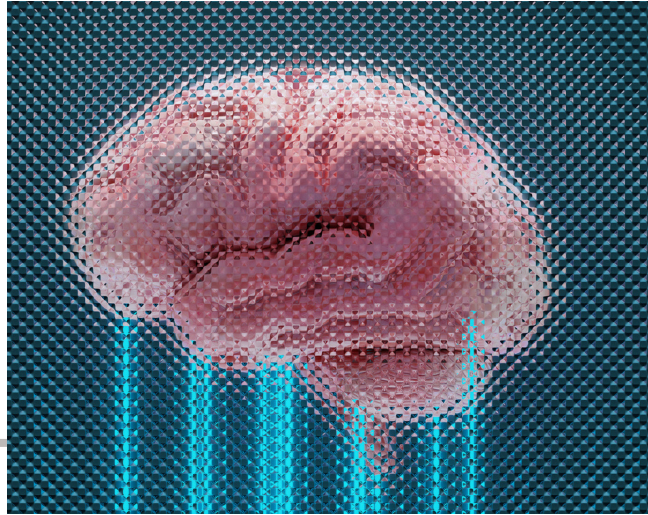


Collocations: Emotional Intelligence

Upper-Intermediate (B2-C1)



WARM-UP

Part 1. Complete the sentences with your own ideas and discuss the questions.

1. I lose my patience when...
2. I find it hardest to stay calm when...
3. I really appreciate it when someone...
4. I struggle to say how I feel when...

Discuss:

- Which situations are most common for you?
- What usually helps (or doesn't help)?

Part 2. Read the quote and discuss the questions.

"Emotional intelligence is knowing what to say, when to say it, and when to say nothing at all."

Discuss:

- Which part is hardest: what to say, when to say it, or when to stay silent?
- Can emotional intelligence ever be misunderstood as weakness?
- Do you think emotional intelligence is natural, learned, or both?

Definition: The ability to understand the way people feel and react and to use this skill to make good judgments and to avoid or solve problems.

Part 3. Read the situations and discuss the questions.

1. Someone interrupts you repeatedly in a meeting.
2. A friend says "I'm fine," but clearly isn't.
3. You receive criticism in front of others.
4. You're stressed, but someone asks for help.
5. Someone takes credit for your work.

Discuss:

- What would a reactive response look like?
- What would an emotionally intelligent response look like?

COLLOCATIONS

Part 1. Match the behaviours to the collocations.

Build resilience

Develop self-awareness

Show empathy

Control impulses

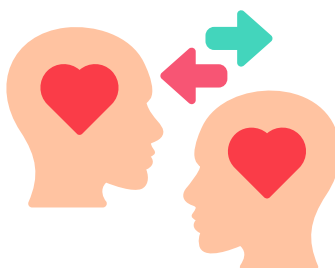
Improve social skills

Recognise your emotions

Manage conflict

Read body language

1. _____ Noticing someone's tone and posture change
2. _____ Pausing before responding when you feel angry
3. _____ Understanding how your behaviour affects others
4. _____ Recovering quickly after criticism
5. _____ Handling disagreement calmly and constructively
6. _____ Identifying what you're feeling before reacting
7. _____ Understanding someone else's feelings
8. _____ Communicating and connecting effectively with others



Part 2. Read the behaviours. Decide which emotional intelligence skill is missing.

Build resilience

Develop self-awareness

Show empathy

Control impulses

Improve social skills

Recognise your emotions

Manage conflict

Read body language

1. Reacting instantly when upset
2. Avoiding difficult conversations
3. Not noticing when someone feels uncomfortable
4. Blaming others instead of reflecting
5. Taking everything personally
6. Staying silent when you should speak

Part 3. Using the collocations, rate yourself from 1–5 (1 = needs work, 5 = strong skill).

Discuss:

- Which are your strengths?
- Which matter most in your work or relationships?
- Which would make the biggest difference if improved?

Part 4. Give advice using a collocation in each answer.

1. "My colleague gets defensive easily."
2. "I struggle to deal with criticism."
3. "I often say things I regret."
4. "My team avoids difficult conversations."
5. "I shut down when I feel stressed."

Part 5. Complete the sentences with your own ideas.

1. I find it easiest to **recognise my emotions** when...
2. I need to work on **controlling my impulses**, especially when...
3. I try to **show empathy** by...
4. I've had to **manage conflict** recently when...
5. I'm learning to **build resilience** by...
6. I've started to **develop self-awareness** about...
7. I can usually **read body language** when...
8. I'd like to **improve my social skills** in situations where...

REFLECTION

Discuss the following questions.

1. Which emotional intelligence skill feels most natural to you right now?
2. In what situations do you find emotional intelligence most challenging?
3. Has your view of emotional intelligence changed during this lesson? How?

