

Emotional intelligence

for more effective training process

The Emotional Intelligence Game

Project Reference:
2021-1-BG01-KA220-ADU-000033724

eIVET

Co-funded by the
Erasmus+ Programme
of the European Union

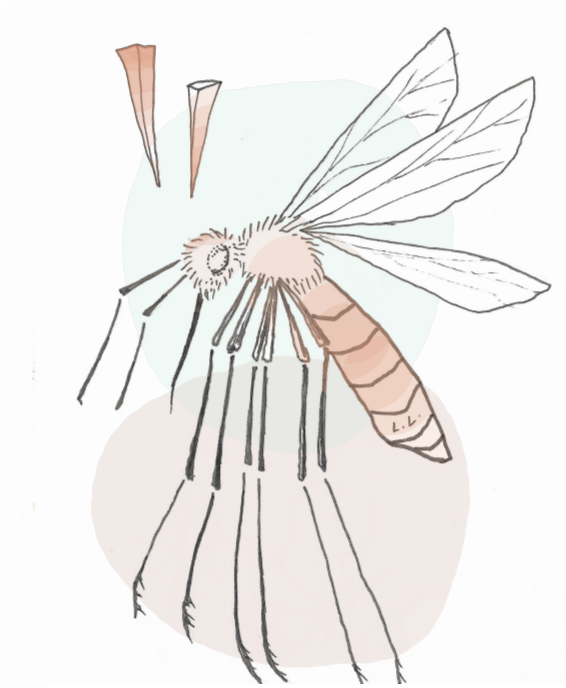
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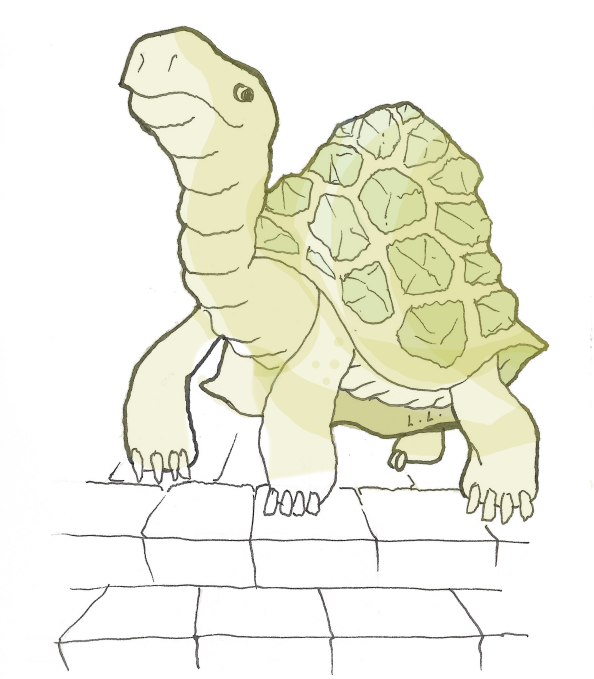
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CATASTROPHIZING



ACCEPTANCE



RUNNING IN CIRCLES



EMOTION SUPPRESSION


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strategy
card
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strategy
card

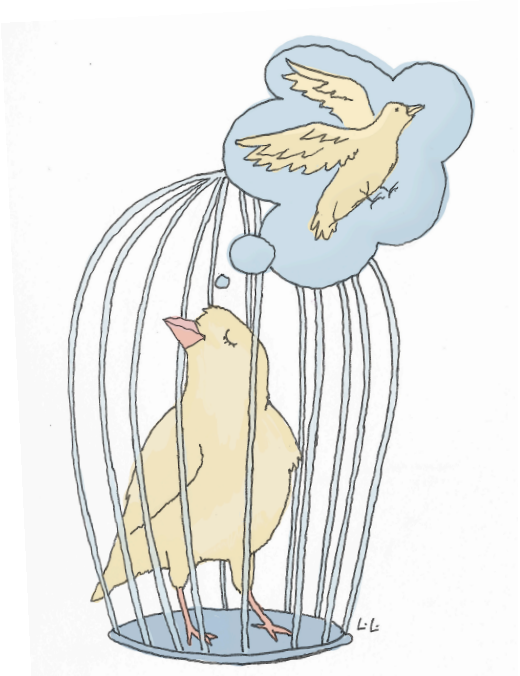

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card



BLAMING OTHERS

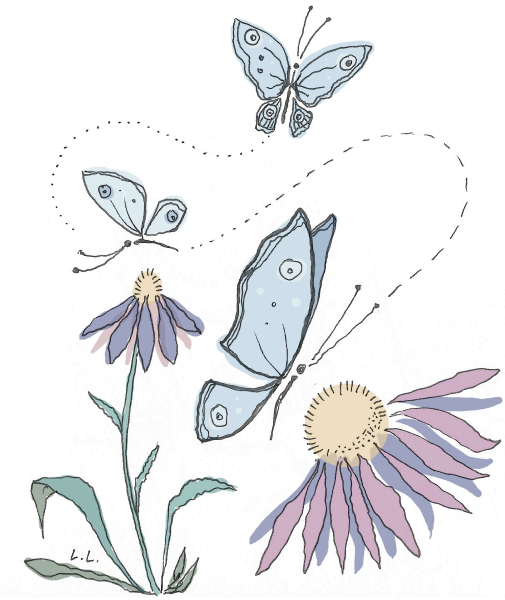


BREATHING
EXERCICES



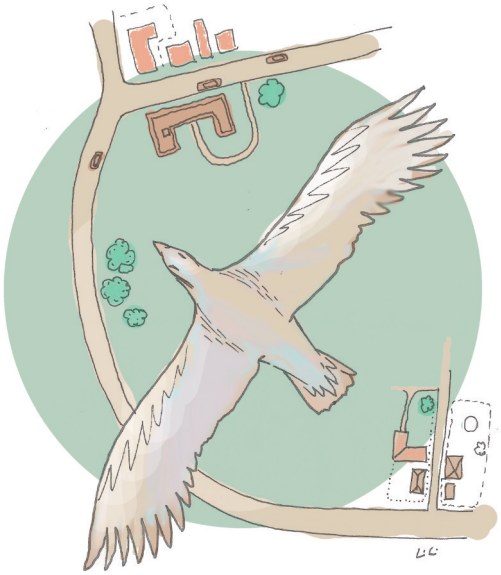
WISHFUL THINKING

ATTENTION
DISTRACTION




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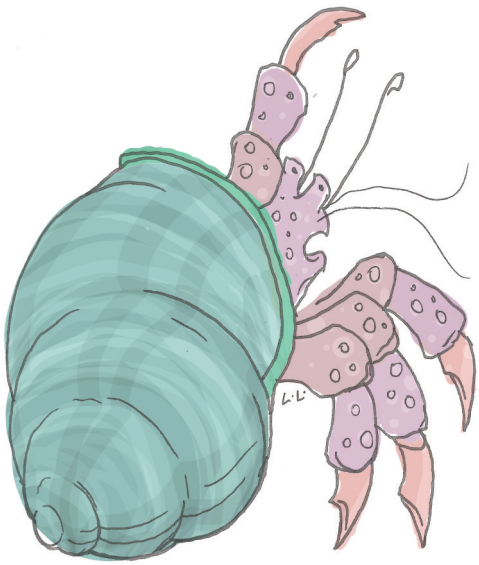

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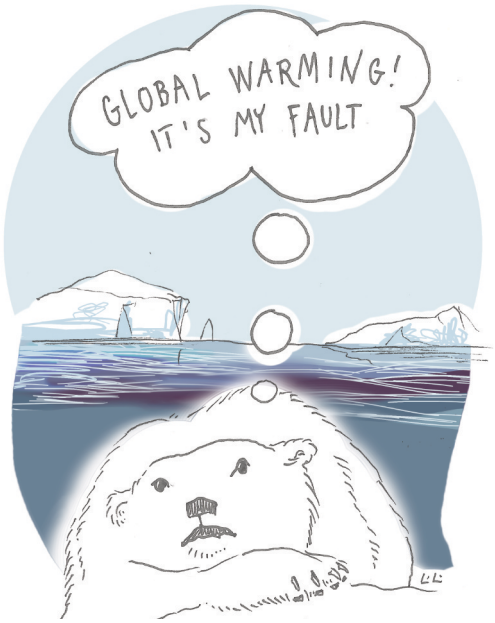
COGNITIVE
RESTRUCTURING



EXPRESS
EMOTIONS



SOCIAL
WITHDRAWAL



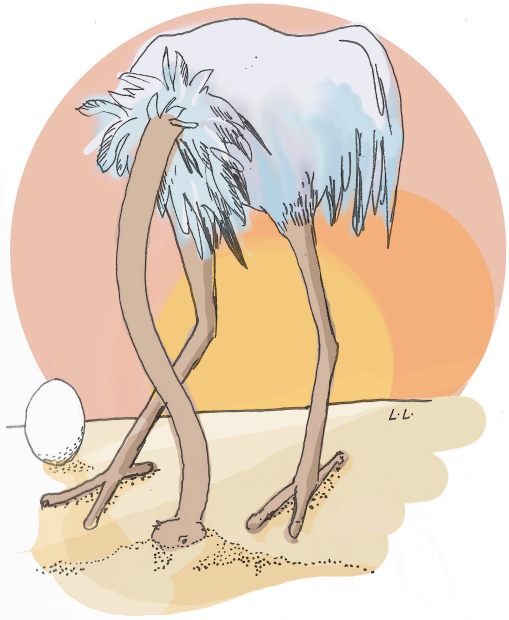
SELF CRITICISM


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SOCIAL
SUPPORT



PROBLEM AVOIDANCE



PROBLEM SOLVING

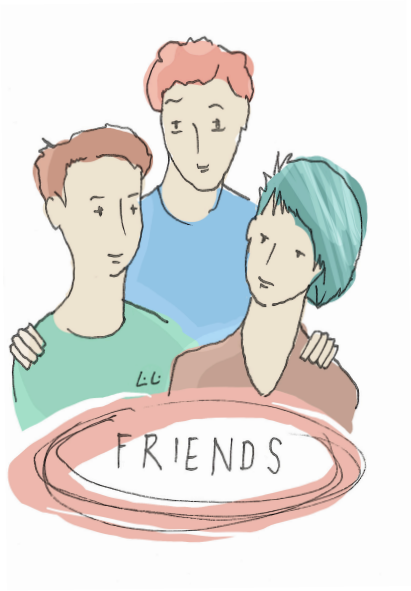
YOUR
OWN
STRATEGY

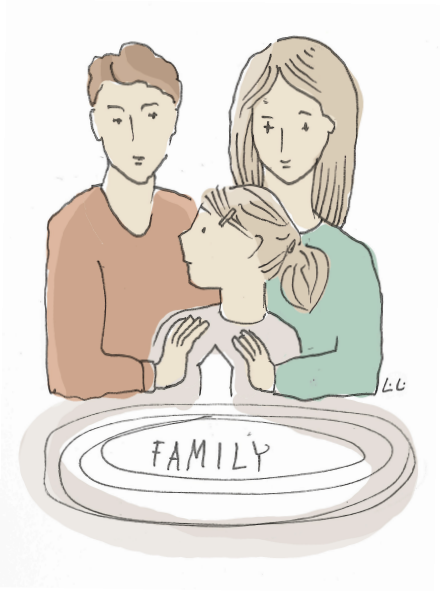

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ONLY ME
LL


COLLEAGUES
LL


LL
FRIENDS


LL
FAMILY


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context
card


eivet
context
card


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context
card


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context
card





YOUR
OWN
CONTEXT

YOUR
OWN
SITUATION


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context
card


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context
card


eivet
situation
card

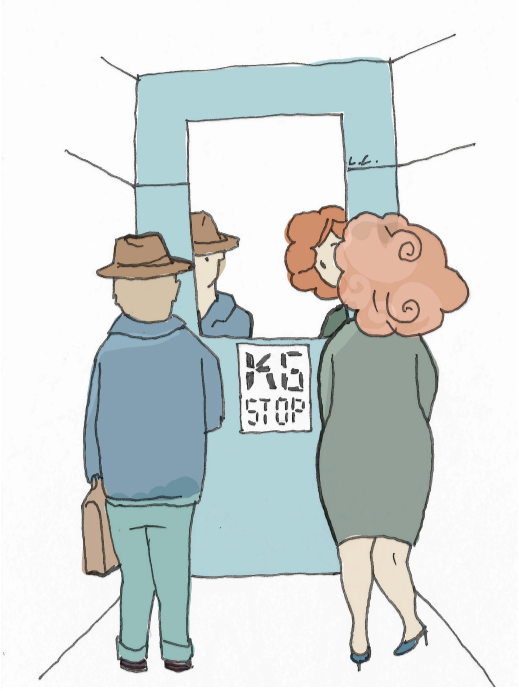

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context
card



QUARREL
OF GOOD FRIENDS

UNEXPECTED EVENT
ON A TRIP





OVERLOADED LIFT




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situation
card


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situation
card

LOST ON JOURNEY





FLAT TIRE



A HOLE IN A SOCK



SALTY MEAL


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card


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situation
card

MESS IN
A WORKING PLACE



COLLEAGUE'S
NAME
FORGOTTEN





FATHER'S CAR
CRASHED



WHAT YOU WANT
TO DRESS UP AS


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situation
card


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situation
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NOT MY
MISTAKE ... OR?

SUCCESSFUL
PROJECT



VERSUS FIRING

ONLINE
SHAMING

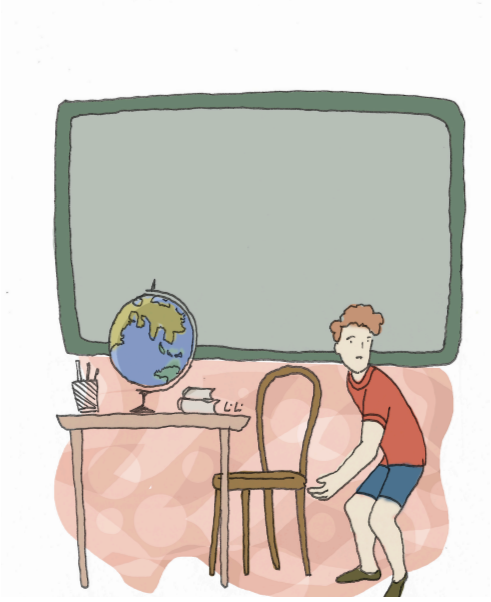




NOT READY
FOR PRESENTATION


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situation
card


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situation
card



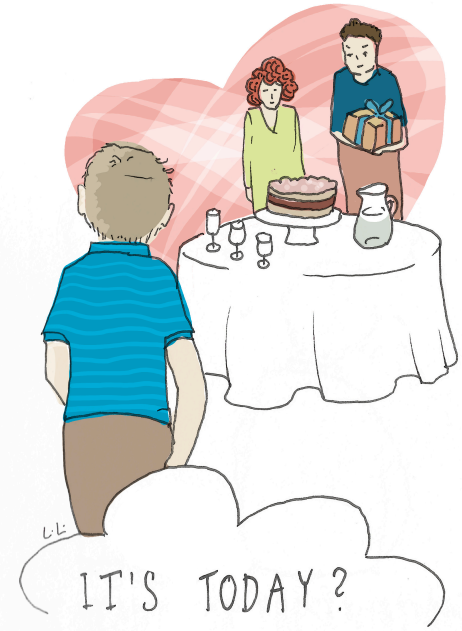
CHEWING GUM ON THE TEACHER'S CHAIR



MISTAKENLY SENT INAPPROPRIATE EMAIL



COFFEE SPILLED ON THE BOSS'S LAPTOP



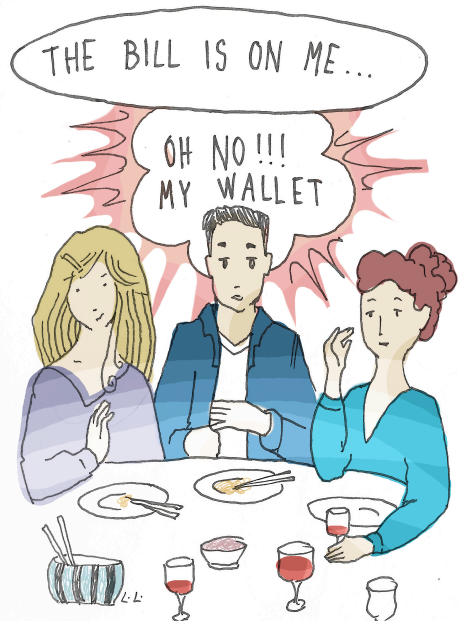
FORGOTTEN MOTHER'S BIRTHDAY


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card


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situation
card



BADLY AIMED BALL



NO MONEY TO PAY DINNER



MISTAKEN PREGNANCY CONGRATULATIONS



MISSED FLIGHT


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situation
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to accept
the loss

support and
understanding

solace
and reflection

sharing
connection
and belonging

self-expression

self-acceptance

action, activity

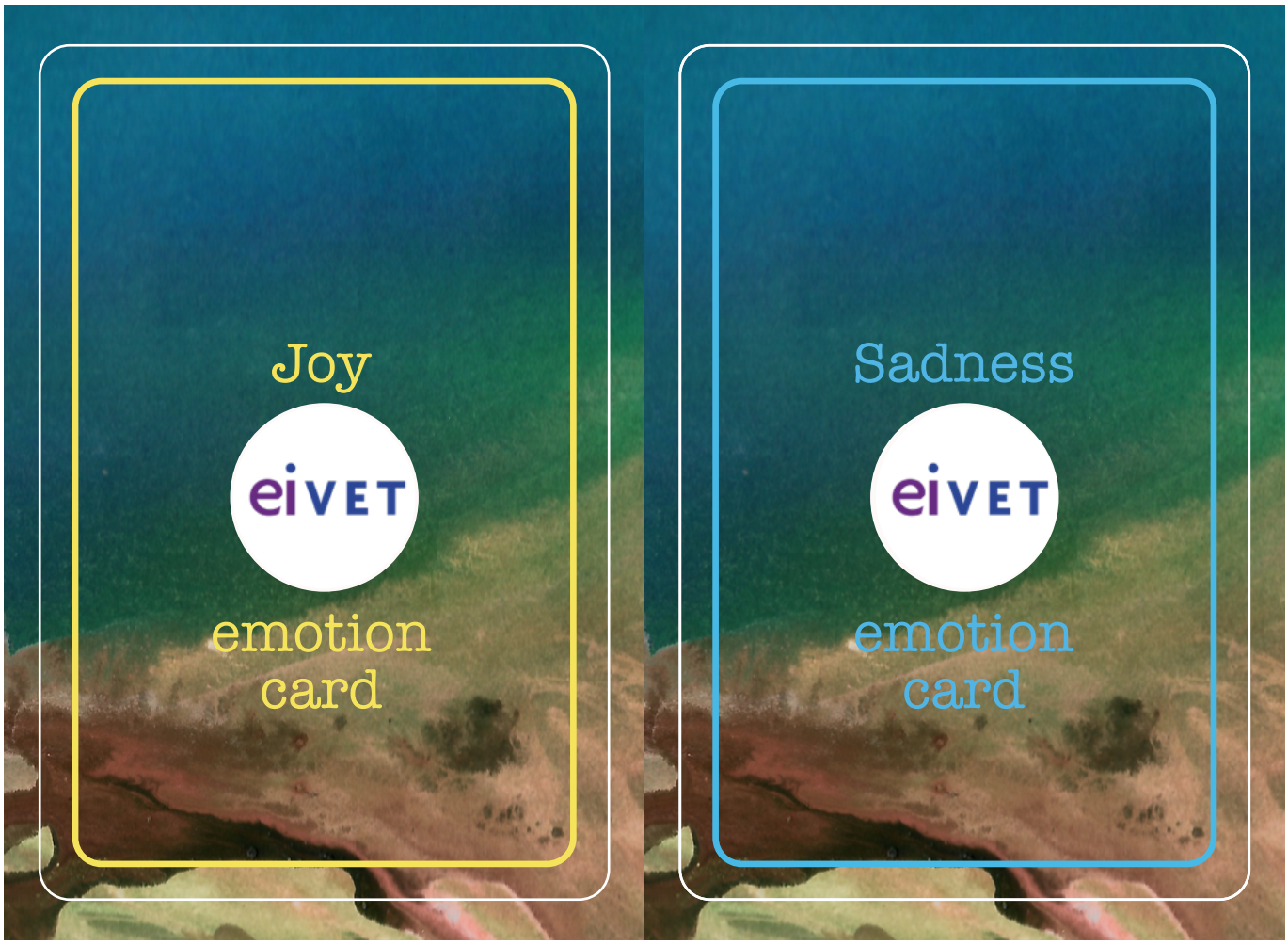
reassurance
and protection

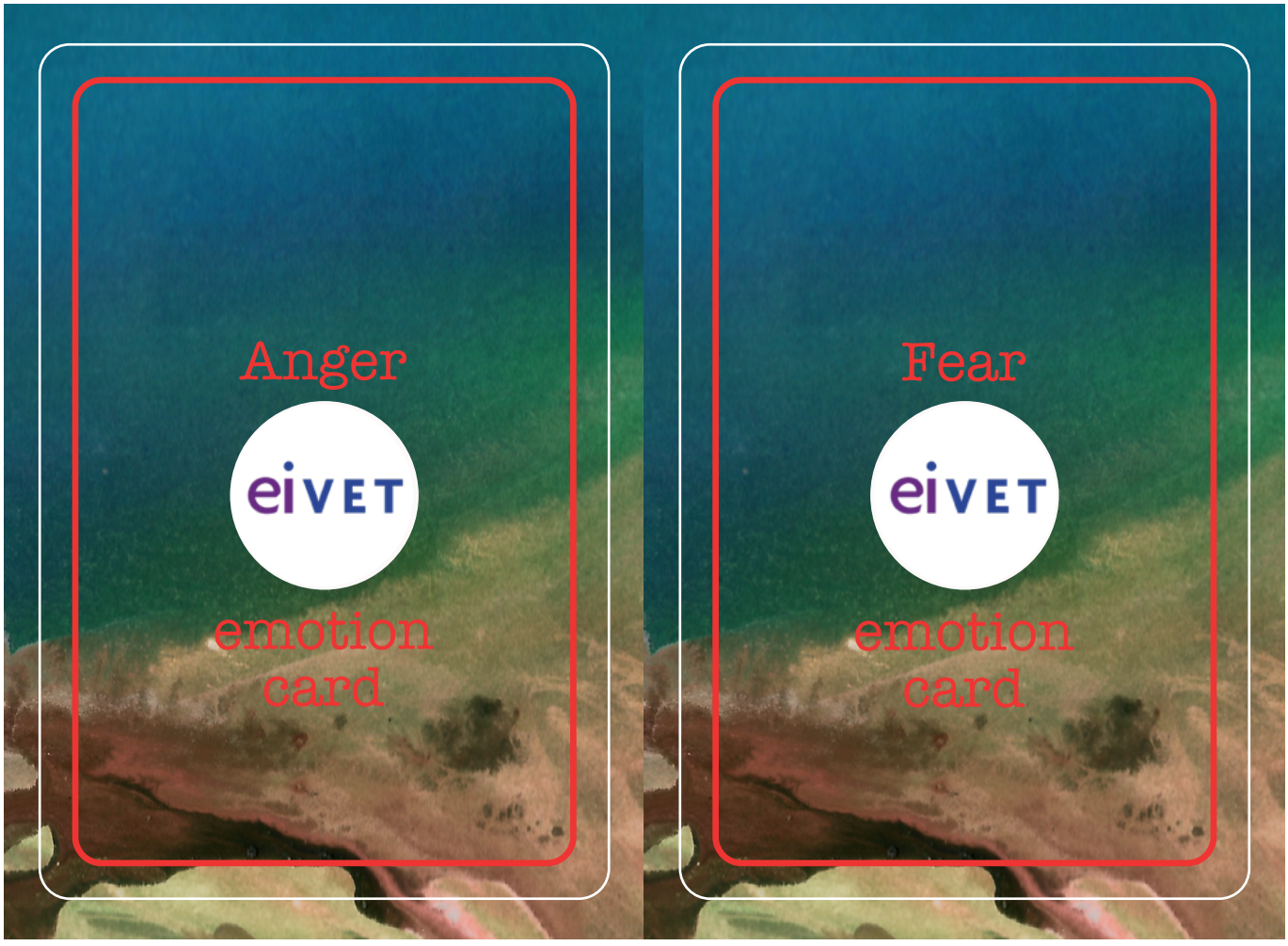
predictability
and stability

fairness
and justice

self-respect
and boundaries

control
and autonomy


Joy
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emotion
card
Sadness
eivet
emotion
card


Anger
eivet
emotion
card
Fear
eivet
emotion
card

sanity,
mental
acceptance

integrity
and moral values

healthy
boundaries
and self-care

novelty
and excitement

adaptability
and flexibility

to be informed,
predictability

self-acceptance
and personal
growth

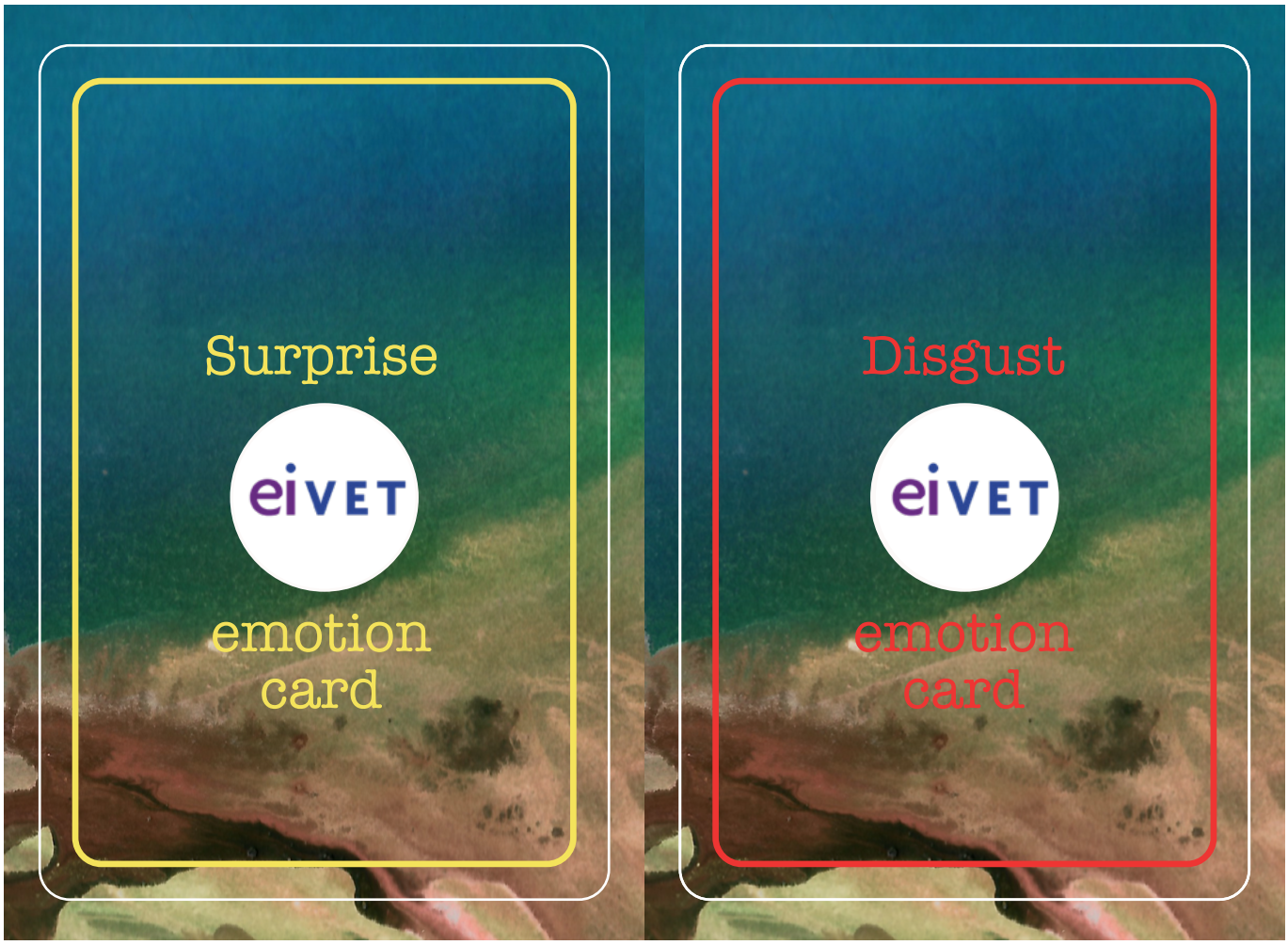
to break with
false identity

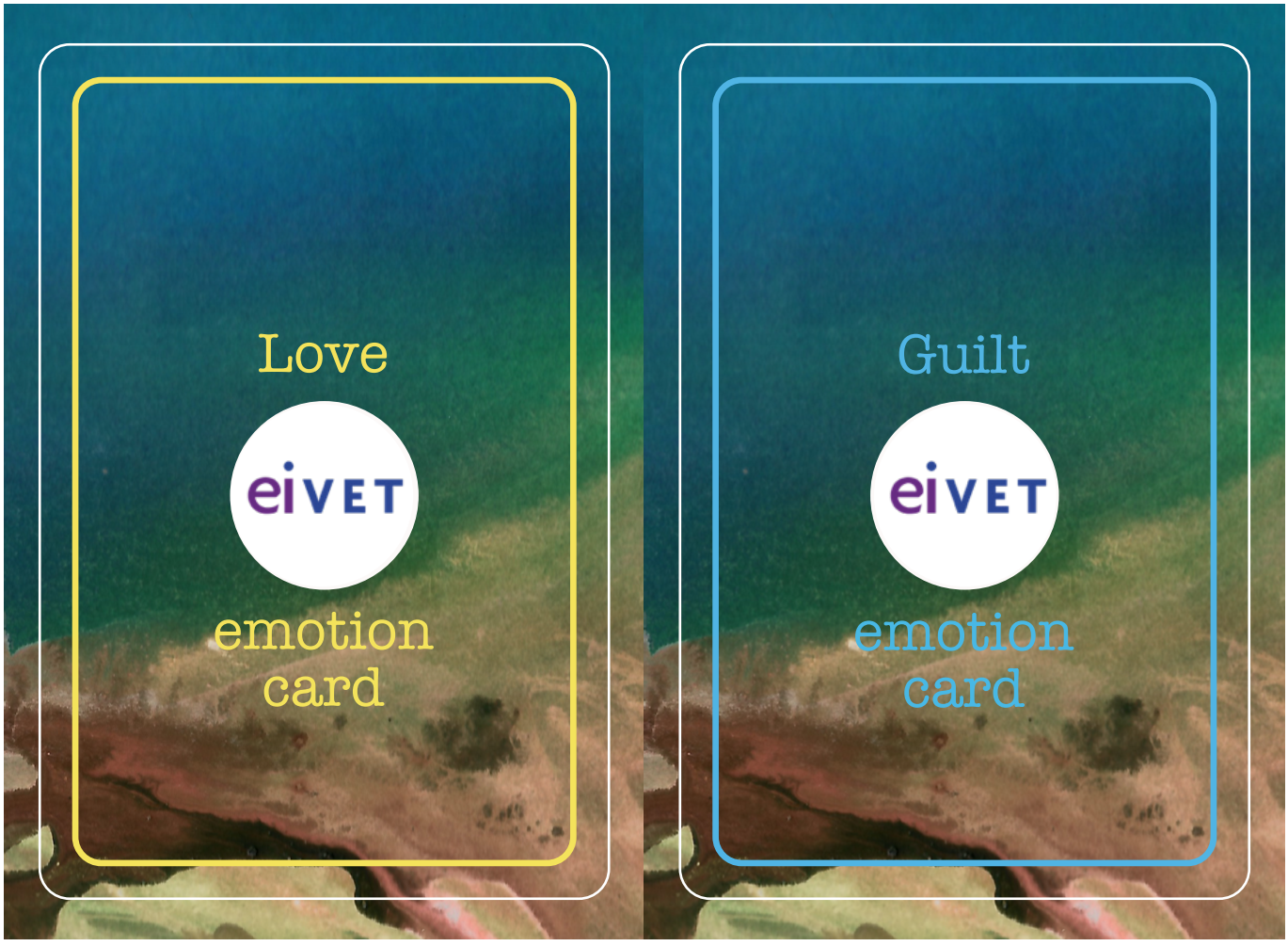
to identify
personal
strengths

intimacy
and shared
connection

care
and affection

support
and partnership


Surprise
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emotion
card
Disgust
eivet
emotion
card


Love
eivet
emotion
card
Guilt
eivet
emotion
card

adventure
and challenge

anticipation and
self-expression

inspiration and
self-motivation

self- acceptance
of personal
worth

self-compassion,
self-esteem

self-awareness,
and
understanding

emotional
support and
understanding

transformation

personal change

to find meaning,
purpose

personal
boundaries
and respect

empowerment
and control

acceptance

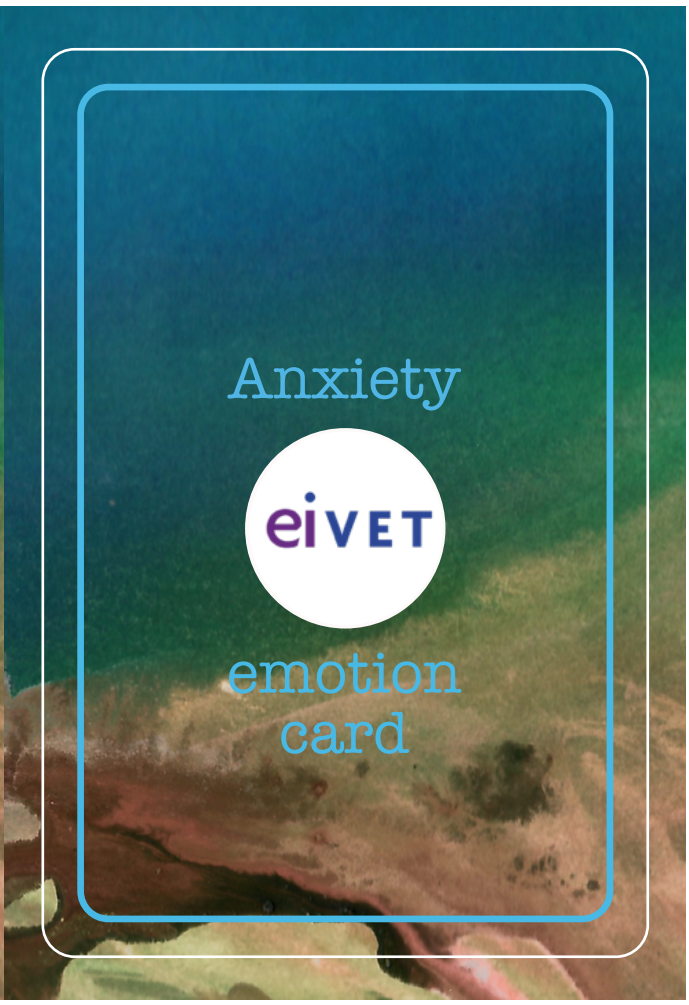
self-respect

tenderness,
closeness


Shame
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emotion
card

Excitement
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emotion
card


Aggression
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emotion
card


Anxiety
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emotion
card

self-worth
and validation

recognition
and appreciation

self-acceptance

self-respect and
self-improvement

to identify
personal value

stimulation
and engagement

novelty
and variety

creativity
and inspiration

connection
and
companionship

emotional intimacy
and support

belonging
and community

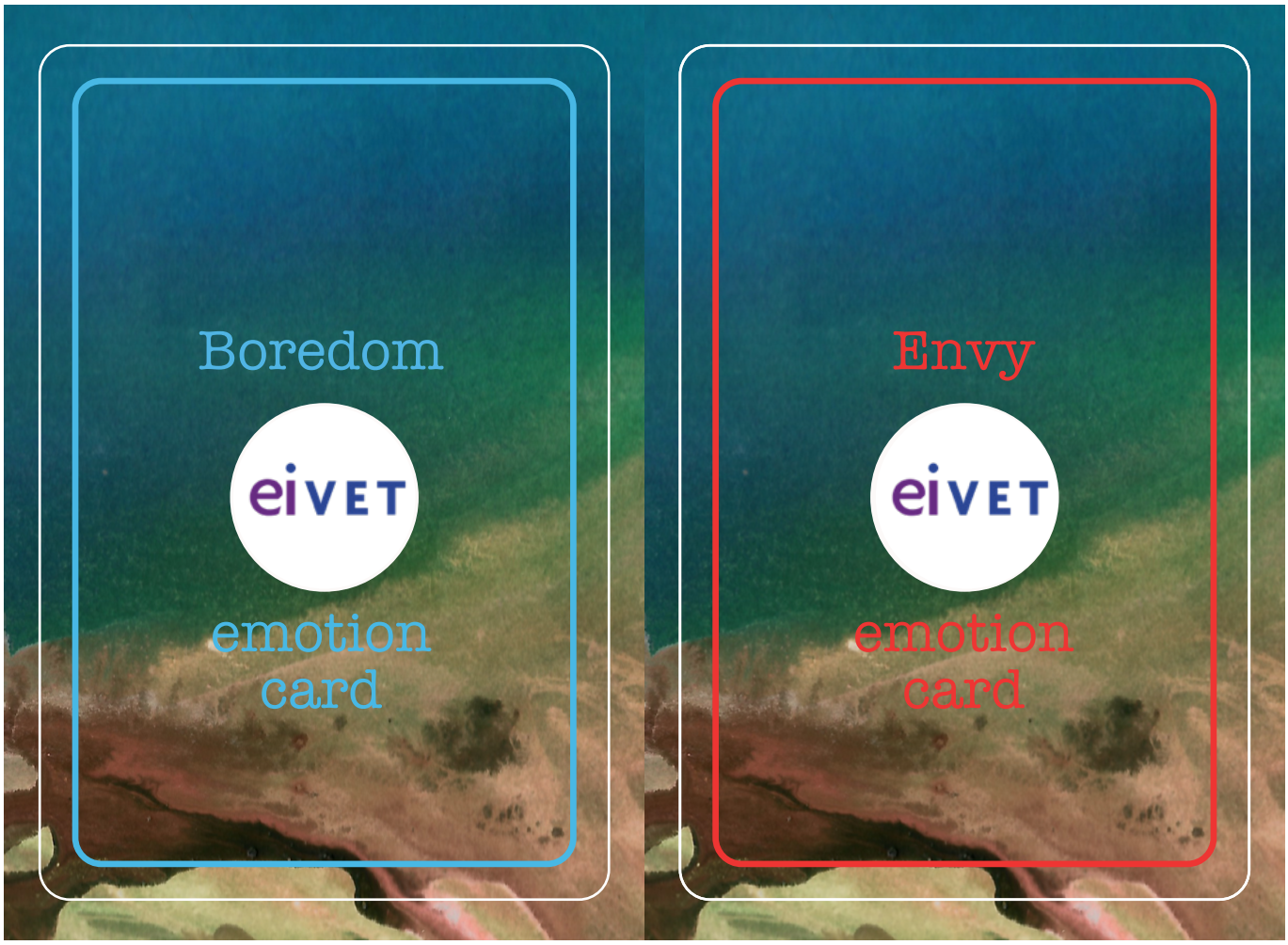
to discover
personal identity

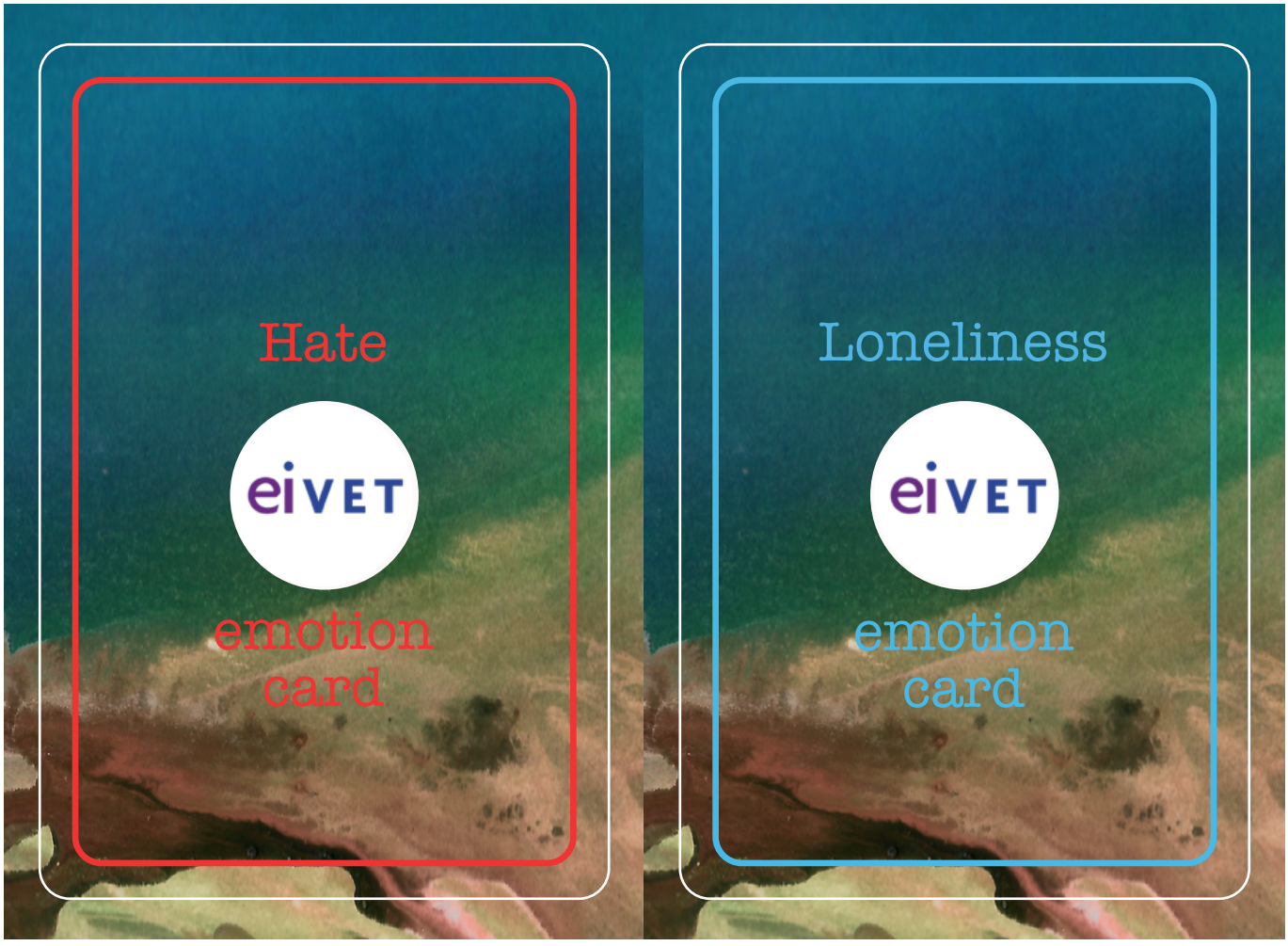
understanding
and clarity
about the others

not to compare
socially with
the others

understanding
and empathy

self-acceptance
and tolerance


Boredom
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emotion
card
Envy
eivet
emotion
card


Hate
eivet
emotion
card
Loneliness
eivet
emotion
card