

Emotional Literacy Quiz

True or false statements

(Please circle)

1. Being emotionally literate is about ignoring challenging and difficult emotions	True/False
2. You can control your feelings	True/False
3. Emotional literacy is something that you have or don't	True/False
4. Emotionally literate people are less likely to get into fights	True/False
5. You can't be emotionally literate if you have a mental health condition	True/False

Answers

1. Being emotionally literate is about ignoring challenging and difficult emotions	False Emotional literacy is experiencing all of life's emotions and dealing with them. This includes how we deal with the more challenging emotions without being overwhelmed by them.
2. You can control your feelings	False We can't always control how we feel. What we can control is our reaction to those feelings. By becoming aware of how our emotions affect us, and then focusing on our thoughts can help prevent our emotions from causing us to behave irrationally. *Our emotions are our own, no one can tell us how we are feeling and no-one can make you feel anything. They can influence the situation however your emotional response is your own*
3. Emotional literacy is something that you have or don't	False Emotional literacy isn't a trait or natural talent. It is a skill that anyone can learn.
4. Emotionally literate people are less likely to get into fights	True Individuals who are emotionally literate are able to control extreme emotions and manage them in a healthy way and tend not to lash out or display violent behaviour.
5. You can't be emotionally literate if you have a mental health condition	False If you have a mental health condition, being emotionally literate can improve your ability to cope.