Self Awareness is your ability to accurately recognize your emotions as they happen and to understand your general tendencies for responding to different people and situations.

Self Management is your ability to keep a pulse on your emotions so that you stay flexible and positively choose how you react to different situations and people.

Social Awareness is your ability to recognize and understand the moods of other individuals and entire groups of people. This awareness is necessary to control your reactions to others and manage relationships to the best of your ability.

Relationship Management is your ability to use your awareness of your emotions and the emotions of others to manage interactions and relationships constructively and to positive outcomes.