The term "emotional intelligence" that was first used in the 60s of the last century in research papers written by psychologists and became widely known further in the 80s was mentioned in the best-selling book by Dan Goleman "Emotional Intelligence - Why it can matter more than IQ." Since that time, the term has been well defined, and now it means the ability to recognize human emotions, generate them to facilitate thinking, understand what they mean, and manage them accordingly to contribute to the emotional and intellectual development of a person. Ultimately, emotions are the magnet that attracts people to each other. They are the basis of our ability to understand ourselves and others. Joy, grief, anger, excitement, surprise - they all are an essential part of human life that adds brightness and "sharpness" to it. If people did not have emotions, they would have been like a zombie: senseless, without trust, sadness, and joy! Life without emotions is like a blank canvas since emotions are coloring our lives and make them unique.

The ability to realize the emotions and manage them allows a person to think creatively, cope with stress and solve problems, enjoy communication with other people, and feel trust, sympathy, and provide support. If you lose control of your emotions, you begin to have doubts. However, when you learn to recognize your own emotions and the ways to manage them, you become happier and gain inner harmony. On the other hand, the more you become aware of your own emotions, the easier it will be to understand others' feelings and accept their desires and needs. Sometimes we are sad, sometimes happy, sometimes we are sinking into depression, and it happens by itself for most people. I wonder if anyone ever tried to travel through the memories to recall the "emotional journey through life". People should not be trapped in a cage of petty grievances and failures but should enjoy every new life experience that is designed for human beings and live freely.

Nowadays, many people seem to have locked themselves inside the strong armor of indifference and integrity. People often try to put on a mask of professionalism and pretend that they do not care about the simple pleasures of life and simple, sincere feelings. Many people think that experiencing emotions is a sign of weakness. However, they forget the fact that the ability to feel and express all possible human emotions and cry of grief or joy until the last tear is quite an achievement for a human being that was given the unique ability to be happy, laugh, smile, rejoice, cry and even be angry sometimes. Testing all possible emotions helps us to respect the emotions experienced by others. Sometimes people become victims of their emotions, and as a result, they hurt someone else. Therefore, it is significant to learn to understand human emotions and respect them – and develop one's own "emotional wisdom".