

EMOTIONAL INTELLIGENCE DEVELOPMENT TIMELINE

INFANCY (0-2 YEARS)

Foundational Awareness

- Social smiling and basic emotional mimicry
- Distinguishing between familiar and stranger faces
- Initial development of empathy via "contagious crying"

EARLY CHILDHOOD (3-6 YEARS)

Emotional Labeling

- Naming basic emotions (Happy, Sad, Angry)
- Understanding that actions have consequences on others
- Beginning of basic impulse control and sharing

MIDDLE CHILDHOOD (7-11 YEARS)

Cognitive Regulation

- Managing complex emotions like shame or pride
- Understanding that one can feel two emotions at once
- Developing perspective-taking (Theory of Mind)

ADOLESCENCE (12-18 YEARS)

Social Integration

- Abstract reasoning regarding emotional triggers
- Development of personal values and identity
- Navigating complex peer dynamics and romantic empathy

ADULTHOOD (19+ YEARS)

Advanced Mastery

- Refined conflict resolution and active listening
- High-level self-actualization and emotional resilience
- Balancing logic with emotional intuition in leadership