

EMOTIONAL INTELLIGENCE FOR MARRIAGE AND PARENTING

ARTICLES AND STUDIES

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General Observations

Families provide many of our greatest joys in life: spiritual oneness, romance, companionship, emotional and physical intimacy, financial security, support and encouragement in good times and hard times.

But families can also bring us great pain. Disappointment, endless conflicts, insecurity, rejection, divorce and even various forms of abuse.

One of the best ways to increase the joys and reduced the pain. Improved emotional intelligence has been proven to enhance communication, improve conflict resolution, deepen intimacy and improve resilience when going through difficult times.

But that's not all. As parents grow in emotional intelligence, they can develop greater patience, build stronger parent-child bonds, model empath and healthy emotional regulation, create a safe space and train children to name and manage their emotions and handle conflict constructively.

EI in Marriage

[Why EI is the Key to Stronger Relationships in Marriage, Parenting and Work](#) (2025)

[How to Be Emotionally Intelligent in Romantic Relationships](#) (2024)

[Emotionally Intelligent Husbands Are key to a Lasting Marriage](#) (2023)

[Emotional Intelligence and Why We Need More In Our Marriage](#) (2023)

[Signs and Causes of Emotional Neglect in a Marriage](#) (2023)

[Making Love Last: The Importance of Emotional Intelligence](#) (2023)

[How EI Can Strengthen Your Marriage](#) (March 31, 2016)

EI and Parenting

[Emotional Intelligence in Parenting](#) (2024)

[Parenting Coach Tells How To Raise Kind Kids](#) (May 4, 2018)

[Boys Aren't Learning How to Cope with Rejection, Dangerous Consequences](#) (2017)

[The Suppression of Boy's Emotion Expression Is a Killer](#) (March 7, 2017)

[Mothers and Sons](#) (May 6, 2016)

See also [Emotional Intelligence for Teens](#) and [Emotional Intelligence for College and Beyond](#)