

House of Sages

EMOTIONAL INTELLIGENCE

26TH APRIL, 2026

COME & LEARN

כָּל יִשְׂרָאֵל עֲרֵבִים זֶה בְּזֶה

“All of Israel are responsible for one another”

Shavuot 39A



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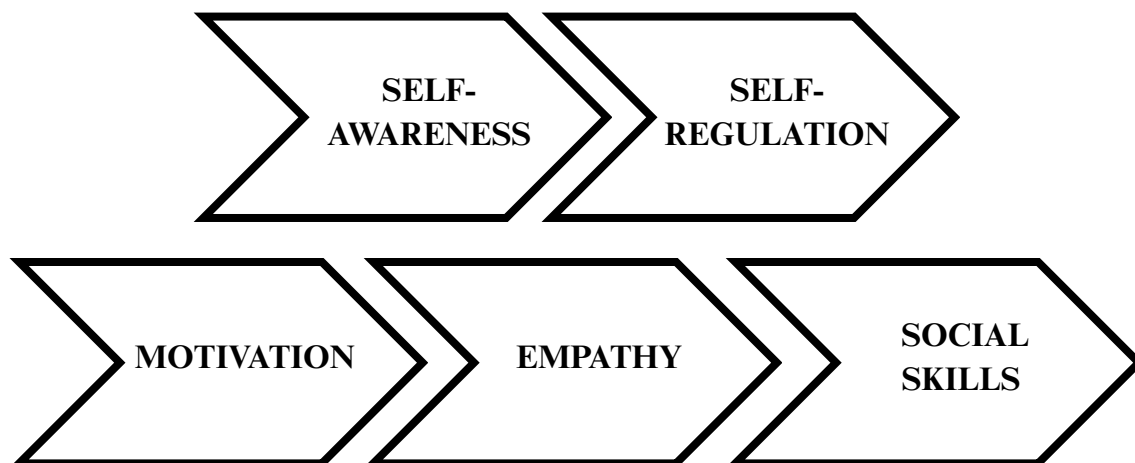
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THE FIVE PILLARS — DANIEL GOLEMAN EMOTIONAL INTELLIGENCE (1995)

Psychologist Daniel Goleman identified five core domains of Emotional Intelligence:

1. Self-Awareness — Knowing one's own emotions, strengths, and limits.
2. Self-Regulation — Managing disruptive emotions and impulses.
3. Motivation — Pursuing goals with energy and persistence beyond external reward.
4. Empathy — Understanding the emotional makeup of other people.
5. Social Skills — Building networks, finding common ground, and building rapport.



GUIDING QUESTION

- Does our Jewish textual tradition teach Emotional Intelligence long before Goleman gave it a name?
- Are there any stories, verses, or ideas that you can think of that touch on these?

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SELF AWARENESS

SOURCE 1 – GENESIS 4:6

This source comes immediately after God accepts Abel's sacrifice and not Cain's. And GOD said to Cain, "Why are you distressed, And why is your face fallen?"

וַיֹּאמֶר ה' אֶל־קַיִן לָמָּה חָרָה לְךָ
וְלָמָּה נָפְלוּ פָנֶיךָ:

SOURCE 2 – ERUVIN 13B

For two and a half years, Beit Shammai and Beit Hillel disagreed... Ultimately, they were counted and concluded: It would have been preferable had man not been created than to have been created. However, now that he has been created, he should examine his actions that he has performed and seek to correct them.

שְׁתֵּי שָׁנִים וּמִחֲצֵה נִחְלְקוּ בֵּית
שְׁמַאי וּבֵית הִלֵּל... נִמְנוּ וְגִמְרוּ: נוֹחַ
לוֹ לְאָדָם שְׁלֹא נִבְרָא יוֹתֵר
— מִשְׁנִבְרָא, עֲכָשִׁיו שְׁנִבְרָא —
יִפְשֵׁשׁ בְּמַעֲשָׂיו.

SELF REGULATION

SOURCE 3 – PIRKEI AVOT 4:1

Who is mighty? He who subdues his [evil] inclination, as it is said: "He that is slow to anger is better than the mighty; and he that rules his spirit than he that takes a city" (Proverbs 16:32).

אִיזְהוּ גִבּוֹר, הַכּוֹבֵשׁ אֶת יָצְרוֹ,
שֶׁנֶּאֱמַר (מְשָׁלִי טז) טוֹב אָרֶךְ
אָפִים מִגִּבּוֹר וּמִשָּׁל בְּרוּחוֹ מִלְכַּד
עִיר

MOTIVATION

SOURCE 4 – MESILLAT YESHARIM 1:1

The foundation of piety and the root of perfect service [of G-d] is for a man to clarify and come to realize as truth what is his obligation in his world and to what he needs to direct his gaze and his aspiration in all that he toils all the days of his life.

בְּבִאֹר כָּלֵל חוֹבַת הָאָדָם בְּעוֹלָמוֹ
יְסוֹד הַחֲסִידוּת וְשֶׁרֶשׁ הָעֲבוּדָה
הַתְּמִימָה הוּא שְׂתִּבְרָר וְיִתְאֲמַת
אֶצֶל הָאָדָם מֶה חוֹבָתוֹ בְּעוֹלָמוֹ
וְלָמָּה צָרִיךְ שִׁישִׁים מִבְּטוֹ וּמִגְמָתוֹ
בְּכֹל אֲשֶׁר הוּא עֹמֵל כָּל יְמֵי חַיָּיו.

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SOURCE 5 – PIRKEI AVOT 1:3

Do not be like servants who serve the master in the expectation of receiving a reward, but be like servants who serve the master without the expectation of receiving a reward, and let the fear of Heaven be upon

אַל תהיו כְּעֹבְדִים הַמְשֻׁמְשִׁין אֶת הָרֵב עַל מְנַת לְקַבֵּל פְּרָס, אֲלֵא הוּוּ כְּעֹבְדִים הַמְשֻׁמְשִׁין אֶת הָרֵב שְׂלֵא עַל מְנַת לְקַבֵּל פְּרָס, וְיֵהי מוֹרָא שָׁמַיִם עֲלֵיכֶם:

EMPATHY

SOURCE 6 – JOB 2:11-13

When Job's three friends heard about all these calamities that had befallen him, each came from his home—Eliphaz the Temanite, Bildad the Shuhite, and Zophar the Naamathite. They met together to go and console and comfort him.

When they saw him from a distance, they could not recognize him, and they broke into loud weeping; each one tore his robe and threw dust into the air onto his head. They sat with him on the ground seven days and seven nights. None spoke a word to him for they saw how very great was his suffering.

וַיִּשְׁמְעוּ שְׁלֹשָׁת | רֵעֵי אֵיזֵב אֶת כָּל הָרָעָה הַזֹּאת הַבָּאָה עָלָיו וַיָּבֹאוּ אִישׁ מִמְּקוֹמוֹ אֶלִּיפַז הַתִּימָנִי וּבִלְדָד הַשׁוּחִי וְצוֹפָר הַנַּעֲמָתִי וַיִּזְעְדוּ יַחְדָּו לְבוֹא לְנַדְדָּלוֹ וּלְנַחֲמוֹ:

וַיִּשְׂאוּ אֶת־עֵינֵיהֶם מֵרְחוֹק וְלֹא הִכִּירוּהוּ וַיִּשְׂאוּ קוֹלָם וַיִּבְכוּ וַיִּקְרְעוּ אִישׁ מְעָלוֹ וַיִּזְרְקוּ עָפָר עַל־רֹאשֵׁיהֶם הַשָּׁמַיִמָּה:

וַיֵּשְׁבוּ אִתּוֹ לָאָרֶץ שִׁבְעַת יָמִים וְשִׁבְעַת לַיְלוֹת וְאִין־דָּבָר אֵלָיו דָּבָר כִּי רָאוּ כִּי־גָדַל הַכָּאֵב מְאֹד:

SOCIAL SKILLS

SOURCE 7 – PIRKEI AVOT 2:4

Hillel said: do not separate yourself from the community, Do not trust in yourself until the day of your death, Do not judge your fellow man until you have reached his place.

הִלֵּל אוֹמֵר, אַל תִּפְרָשׁ מִן הַצְּבוּר, וְאַל תִּאֲמִין בְּעַצְמְךָ עַד יוֹם מוֹתְךָ, וְאַל תִּדּוֹן אֶת חֲבֵרְךָ עַד שֶׁתִּגִּיעַ לְמִקְוָמוֹ

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