

# People with low EQ often bring up this topic in conversations.

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This happens more often than you think. Most people don't realize how much the topics they choose to talk about reveal their level of emotional awareness. It's quite obvious. Some conversations are comfortable and energetic. Others are like stepping into a psychological minefield.

These topics often stem from a lack of social intuition, emotional immaturity, or simply a lack of connection with the emotions of others. Below are **some topics that people with low EQ often bring up in group meetings or when meeting friends.**

## **They constantly complain about their problems.**

Complaining is part of everyone's personality. But there's a difference between sharing something that's weighing on your mind and turning every social interaction into a personal therapy session.

Have you ever spoken to someone who immediately starts complaining for 15 minutes about their boss, ex, dog, landlord, or neighbor's relative? And all you want is to enjoy your drink?

Constant complaining in a group often means that person is unable to assess the emotional resilience of others. They are so focused on their own inner turmoil that they forget that everyone else is there to relax together.

Psychologists often talk about "*emotional venting*," which essentially means venting without considering the impact on the listener. This happens when someone hasn't learned to self-regulate and expects others to "absorb" their stress.



### **Sharing too much private information**

The need to share is perfectly understandable, but it should have limits. Recounting deeply personal details, suffering, or causing trauma to people you barely know is unnecessary.

Sharing too much too soon often stems from anxiety or loneliness. People want to connect, but there's a need to understand the right pace. People with low EQ can't sense when a topic is appropriate or when it crosses emotional boundaries.

Emotional intelligence comprises two aspects: self-awareness and social awareness, which go hand in hand. If either is lacking, conversations can quickly become awkward and tense.

### **Turn everything into a political debate.**

Imagine someone casually brings up the topic of traffic, and suddenly someone else seizes upon that to launch a lengthy political speech.

Politics is important. But social gatherings aren't congressional hearings. When someone constantly tries to steer things toward ideological debates, it often shows they're not engaging with the context. Most people go to parties to relax, not to replicate real-life tweets from Twitter or Facebook.

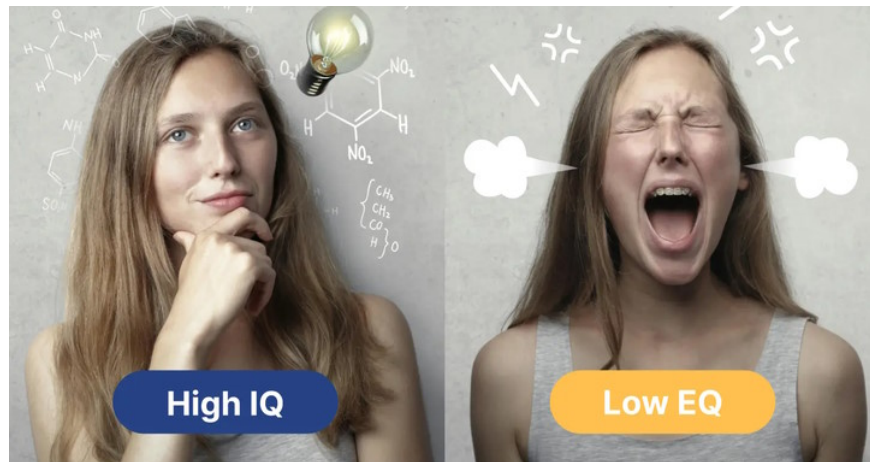
People who frequently get caught up in political debates often use them as an emotional shield. It keeps conversations intellectual rather than personal, which feels safer but causes them to lose connection with their surroundings.

### **Constantly boasting about achievements.**

Everyone has the right to be proud of their achievements. But there's a fine line between confidence and insecurity in this case.

When someone constantly mentions their salary, training achievements, investments, or the "*great opportunities*" they have, it often says more about their emotional state than about their success.

They often give those around them a feeling of exhaustion. An emotionally aware person knows how to control the situation. An emotionally unaware person will constantly brag even when no one is impressed.



### **Criticizing someone who isn't present.**

Nothing drains energy faster than someone jumping into the discussion and criticizing people who weren't present to defend themselves. Initially, it might seem harmless, even amusing. But very quickly, it shows a lack of empathy and a failure to understand how this can upset others.

In addition, everyone secretly wondered, *'If you say this about them, what do you say about me?'*

Criticism behind someone's back often stems from unresolved insecurities or resentments. And social gatherings are the worst places to rekindle them.

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