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Tabula rasa (/ ˈt æ b j ə ˈl ɪ ˈr ɪ s ə, -z ə, ˈr e-/) is the epistemological idea that individuals are born without built-in mental content and that therefore all knowledge comes from experience or perception. Emotional Intelligence, or emotional quotient (EQ), is defined as an individual's ability to identify, evaluate, control, and express emotions.