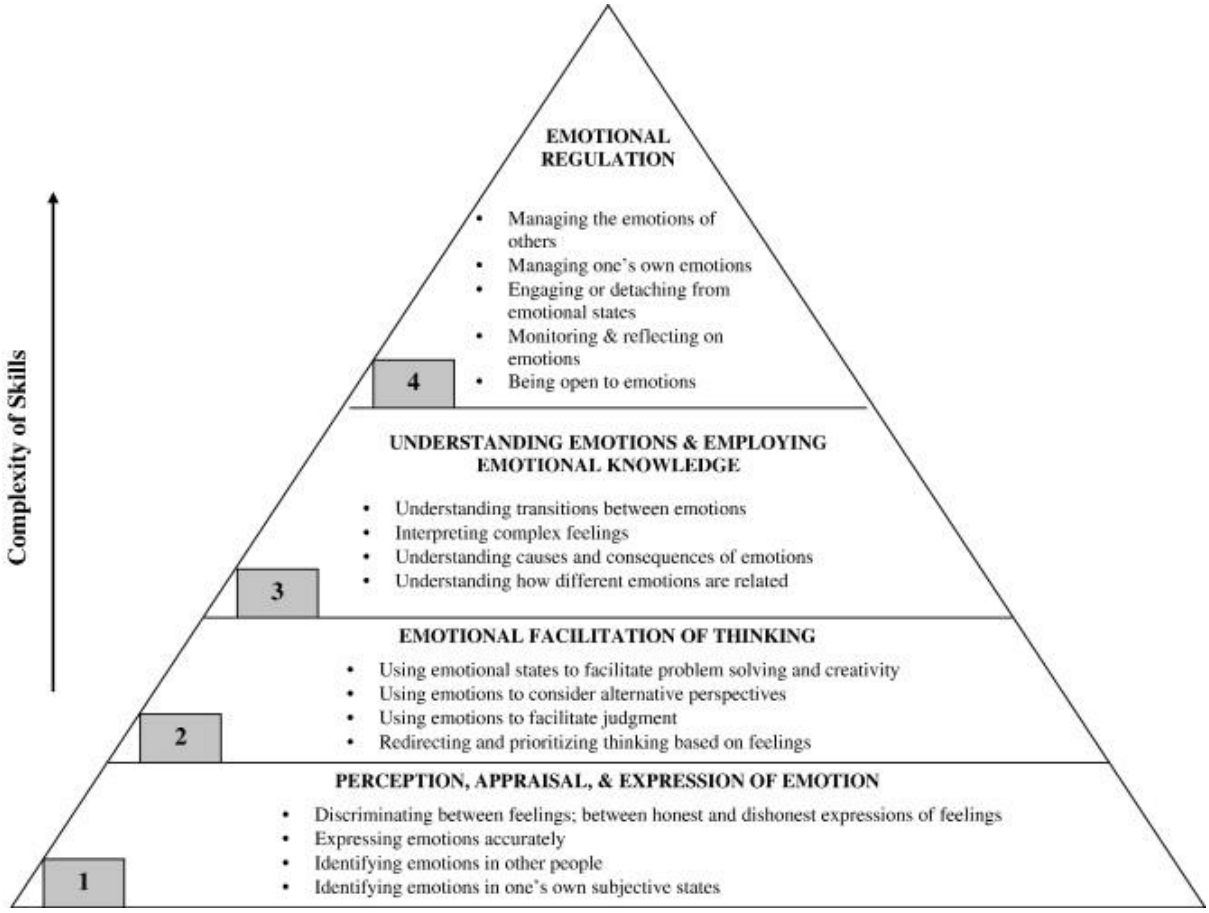Salovey-Mayer Emotional Skills Hierarchy