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# **The purpose of this research is to determine the relationship of emotional intelligence, communication skills and resiliency in couples supported by relief foundation**

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**The purpose of this research is to determine the relationship of emotional intelligence, communication skills and resiliency in couples supported by relief foundation. Research data were collected through distributing the questionnaire among 358 of couples supported by relief foundation at Rasht, district 1. Three standard questionnaires were used in this research: Schutt Emotional Intelligence Questionnaire, Connor-Davidson Resilience Questionnaire and Jerabek Communication Skills Questionnaire. Questionnaires were analyzed by spss software and correlation coefficient, co-variance and regression tests. The results showed that there was a relationship between the factors of emotional intelligence and resiliency. The relationship of all mentioned factors were positive and direct in other words the more the emotional intelligence of respondents the more the rate of resiliency. The results of correlation coefficient test between two variables of communication skills and resiliency showed the direct relationship between two variables. The results of regression and correlation tests between emotional intelligence and communication variables in predicting resiliency showed that message comprehension and emotion control skills had the most extent of correlation with resiliency.**

**Keywords : resiliency, emotional intelligence, communication skills**

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