

Emotional Intelligence Self-assessment

Emotional Intelligence is our ability to be aware, understand and manage our emotions. Success in life depends as well of our EQ. Take assessment below and check you EQ strengths!!

Rank each statement as follows: 0 – Never; 1 - rarely, 2 – sometimes, 3 – Often, 4 - Always

Emotionally Awareness

1. My feeling are clear to me at any given moment.
2. Emotions play an important part in my life.
3. My moods impact the people around me.
4. I find it easy to put words to my feelings.
5. My moods are easily affected by external events.
6. I can easily sense when I'm going to be angry
7. I readily tell others my true feelings
8. I find easily to describe my true feeling
9. Even when I'm upset, I'm aware of what happening to me
10. I'm able to stand apart from my thoughts, feelings and examining them

Emotional management

1. I accept responsibility for my reaction
2. I find it easy to make goal and stick with them³
3. I'm emotional balanced person⁴
4. I'm very patient person⁵
5. I can accept critical comments from others without becoming angry
6. I'm maintain my composure even during stressfull time
7. If an issue does not affect me directly, I don't let it bother me
8. I can restrain myself when I feel anger towards someone
9. I direct my energy into creative work or hobbies
10. I control urges to overindulge in things that could damage my well being

Measure your effectiveness in each domain using the following key:

0 -24 area for Enrichment: Requires attention and development;

25 – 34 Effective Functioning: Consider strengthening;

35 – 40 Enhanced skills: Use as leverage to develop weaker areas.

Using your EQ strengths for your strongest EQ domain write an example on how you demonstrate your strength in your daily life of work:

Effects of your EQ strength – for your weakest EQ domain, write an example how that affect and other in your daily life or work:

Improving your EQ strength – for you weakest EQ domain, what step you can take to strengths yourself in this area? How this will benefits you in your daily life or work?