

How Emotionally Intelligent Are you?

Instructions: Evaluate each statement as you **actually are**, rather than as you think you should be.

15 Statements to Evaluate	Not at ALL	Rarely	Sometimes	Often	Very Often	Score
1. I can recognize/label my emotions as I experience them.	1	2	3	4	5	
2. I lose my temper or 'fly off the handle' when I feel angry.	5	4	3	2	1	
3. I am always able to see things from the other person's perspective.	1	2	3	4	5	
4. I know how to quickly calm myself down when I feel anxious or upset.	1	2	3	4	5	
5. I am good at reconciling disagreements with other people.	1	2	3	4	5	
6. I am always able to motivate myself to do difficult complex tasks.	1	2	3	4	5	
7. I find it difficult to move on quickly when I feel frustrated or offended.	5	4	3	2	1	
8. I struggle getting to know what makes people 'tick'.	5	4	3	2	1	
9. I avoid conflict and difficult conversations.	5	4	3	2	1	
10. I can always motivate myself, even when I'm feeling discouraged.	1	2	3	4	5	
11. I often ask people for feedback on how I can improve or be more effective.	1	2	3	4	5	
12. I find it hard to focus on one thing over a long period of time.	5	4	3	2	1	
13. I find it difficult to read other people's emotions.	5	4	3	2	1	
14. I am aware of my emotional strengths and weaknesses.	1	2	3	4	5	
15. I interrupt others often when they are talking to me.	5	4	3	2	1	
						Total Score

Self-Awareness

(Questions 1, 11, 14)

Self-Regulation

(Questions 2, 4, 7)

Motivation

(Questions 6, 10, 12)

Empathy

(Questions 3, 8, 13)

Social Skills

(Questions 5, 9, 15)

