

EMOTIONAL INTELLIGENCE SELF-ASSESSMENT



Emotional Intelligence is your ability to be aware of, understand and manage your emotions to take actions accordingly.

Take the Assessment below to learn your strengths!

Rank each statement as follows:

0 (never)

1 (Rarely)

2 (Sometimes)

3 (Often)

4 (Always)

Self Awareness					
My feeling are clear to me at any given moment.	0	1	2	3	4
Emotions play an important part in my life.	0	1	2	3	4
My moods impact the people around me.	0	1	2	3	4
I find it easy to put words to my feelings.	0	1	2	3	4
My moods are easily affected by external events.	0	1	2	3	4
I can easily sense when I'm going to be angry.	0	1	2	3	4
I readily tell others my true feelings.	0	1	2	3	4
I find it easy to describe my feelings.	0	1	2	3	4
Even when I'm upset, I'm aware of what's happening to me.	0	1	2	3	4
I am able to stand apart from my thoughts and feeling and examine them.	0	1	2	3	4

Self Management					
I accept responsibility for my reactions.	0	1	2	3	4
I find it easy to make goals and stick with them.	0	1	2	3	4
I am an emotionally balanced person.	0	1	2	3	4
I am a very patient person.	0	1	2	3	4
I can accept critical comments from others without becoming angry.	0	1	2	3	4
I maintain my composure, even during stressful times.	0	1	2	3	4
If an issue does not affect me directly, I don't let it bother me.	0	1	2	3	4
I can restrain myself when I feel anger towards someone.	0	1	2	3	4
I control urges to overindulge in things that could damage my well-being.	0	1	2	3	4
I direct my energy into creative work or hobbies.	0	1	2	3	4

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Social Awareness					
I consider the impact of my decisions on other people.	0	1	2	3	4
I can easily tell if the people around me are becoming annoyed.	0	1	2	3	4
I sense it when a person's mood changes.	0	1	2	3	4
I am able to be supportive when giving bad news to others.	0	1	2	3	4
I am generally able to understand the way other people feel.	0	1	2	3	4
My friends can tell me intimate things about themselves.	0	1	2	3	4
It genuinely bothers me to see other people suffer.	0	1	2	3	4
I usually know when to speak and when to be silent.	0	1	2	3	4
I care what happens to other people.	0	1	2	3	4
I understand when people's plans change.	0	1	2	3	4

Social Skills					
I am able to show affection.	0	1	2	3	4
My relationships are safe places for me.	0	1	2	3	4
I find it easy to share my deep feelings with others.	0	1	2	3	4
I am good at motivating others	0	1	2	3	4
I am a fairly cheerful person.	0	1	2	3	4
It is easy for me to make friends.	0	1	2	3	4
People tell me I am sociable and fun.	0	1	2	3	4
I like helping people.	0	1	2	3	4
Others can depend on me.	0	1	2	3	4
I am able to talk someone down if they are very upset.	0	1	2	3	4

THANK YOU ☺

We will interpret the results together during the webinar.