

The Quick Emotional Intelligence Self-Assessment

Emotional intelligence (referred to as **EQ**) is your ability to **be aware of, understand and manage your emotions**. *Why is EQ important?* While intelligence (referred to as **IQ**) is important, success in life depends more on EQ.

Instructions: Rank each statement below. Next, total the rankings for each section. Review your score results at the bottom of page 2.

Rank each statement as follows: **0** (Never) **1** (Rarely) **2** (Sometimes) **3** (Often) **4** (Always)

Self-Awareness Total: [Click or tap here to enter text.](#)

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

Self-Management Total: [Click or tap here to enter text.](#)

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

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Social-Awareness Total: [Click or tap here to enter text.](#)

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

Relationship Management Total: [Click or tap here to enter text.](#)

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

My EQ strengths! Mark your EQ total scores to assess your strengths and areas for improvement.

Domain	Score																				
Self-Awareness Click or tap here to enter text.	0	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36	38	40
Self-Management Click or tap here to enter text.	0	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36	38	40
Social Awareness Click or tap here to enter text.	0	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36	38	40
Relationship Management Click or tap here to enter text.	0	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36	38	40

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

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Reflection Questions

Using your EQ Strength

For your strongest EQ domain, give an example of how you demonstrate your strength in your daily life or work.

Click or tap here to enter text.

Effects of your EQ Strength

For your weakest EQ domain, give an example of how this affects you and others in your daily life or work.

Click or tap here to enter text.

Improving your EQ Strength

For your weakest EQ domain, what steps can you take to strengthen yourself in this area? How will this benefit you in your daily life or work?

Click or tap here to enter text.