**The Quick Emotional Intelligence Self-Assessment**

Circle the number that most closely represents your agreement with the following statements:

(0 = Never, 2 = Sometimes, 4 = Always)

<table>
<thead>
<tr>
<th>Statements</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Emotional Awareness</strong></td>
<td></td>
</tr>
<tr>
<td>• I am able to stand apart from my thoughts and feelings and examine them</td>
<td>0 1 2 3 4</td>
</tr>
<tr>
<td>• My feelings are clear to me at any given moment</td>
<td>0 1 2 3 4</td>
</tr>
<tr>
<td>• Emotions play an important part in my life</td>
<td>0 1 2 3 4</td>
</tr>
<tr>
<td>• My moods impact the people around me</td>
<td>0 1 2 3 4</td>
</tr>
<tr>
<td>• I find it easy to put words to my feelings</td>
<td>0 1 2 3 4</td>
</tr>
<tr>
<td>• My moods are easily affected by external events</td>
<td>0 1 2 3 4</td>
</tr>
<tr>
<td>• I can easily sense when I’m going to be angry</td>
<td>0 1 2 3 4</td>
</tr>
<tr>
<td>• I readily tell others my true feelings</td>
<td>0 1 2 3 4</td>
</tr>
<tr>
<td>• I find it easy to describe my feelings</td>
<td>0 1 2 3 4</td>
</tr>
<tr>
<td>• Even when I’m upset, I’m aware of what’s happening to me</td>
<td>0 1 2 3 4</td>
</tr>
<tr>
<td><strong>TOTAL _____</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Emotional Management</strong></td>
<td></td>
</tr>
<tr>
<td>• I accept responsibility for my reactions</td>
<td>0 1 2 3 4</td>
</tr>
<tr>
<td>• I find it easy to make goals and stick with them</td>
<td>0 1 2 3 4</td>
</tr>
<tr>
<td>• I am an emotionally balanced person</td>
<td>0 1 2 3 4</td>
</tr>
<tr>
<td>• I am a very patient person</td>
<td>0 1 2 3 4</td>
</tr>
<tr>
<td>• I can accept critical comments from others without becoming angry</td>
<td>0 1 2 3 4</td>
</tr>
<tr>
<td>• I maintain my composure, even during stressful times</td>
<td>0 1 2 3 4</td>
</tr>
<tr>
<td>• If an issue does not effect me directly, I don’t let it bother me</td>
<td>0 1 2 3 4</td>
</tr>
<tr>
<td>• I can restrain myself when I feel anger towards someone</td>
<td>0 1 2 3 4</td>
</tr>
<tr>
<td>• I control urges to overindulge in things that could damage my well being</td>
<td>0 1 2 3 4</td>
</tr>
<tr>
<td>• I direct my energy into creative work or hobbies</td>
<td>0 1 2 3 4</td>
</tr>
<tr>
<td><strong>TOTAL _____</strong></td>
<td></td>
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</table>
### Statements

#### Social Emotional Awareness

- I consider the impact of my decisions on other people  
- I can tell easily tell if the people around me are becoming annoyed  
- When people’s moods changes, I sense it  
- I am able to be supportive when giving bad news to others  
- I am generally able to understand the way other people feel  
- My friends can tell me intimate things about themselves  
- It is hard for me to see other people suffer  
- I usually know when to speak and when to be silent  
- I care what happens to other people  
- When people’s plans change, I understand

<table>
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#### Relationship Management

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

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**TOTAL _____**

### Scoring

Add up the scores for each domain to get a sense of one’s emotional effectiveness. Measure the effectiveness of each competency by the following key:

- **0 – 24** Area for Enrichment: requires attention and development
- **25 – 34** Effective functioning: consider strengthening
- **35 – 40** Enhanced Skills: use as a leverage to develop weaker areas
Your Emotional Map

The purpose of the emotional map is to enable you to see your overall emotional intelligence in graphic form. Simply place a “dot” along each axis for the four domains. Then join the dots with connecting lines.

**Emotional Self-Awareness**

- + 40
- + 35
- + 30
- + 25
- + 20
- + 15
- + 10

**Social Emotional Awareness**

- + 5

**Relationship Management**

- + 0
- + 5
- +10
- +15
- +20
- +25
- +30
- +35
- +40

**Emotional Management**

Courtesy of Paul Mohapel (paul.mohapel@shaw.ca)
For Reflection

My **highest emotional intelligence** domain is

________________________________________________________________________

An example of how I display this EQ competency in my life/work is
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

My **lowest emotional intelligence** domain is

________________________________________________________________________

Examples of how this affects me in my life/work are
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Examples of how this affects others in my life/work are
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Improving in this area would benefit me in the following ways:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Possible ways of developing in this area are:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________