 **DEVELOPING KNOWLEDGE AND SKILLS**

**The Quick Emotional Intelligence Self-Assessment**

**Candidate Name (please print) …………………………………………**

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

(Scale 0-4 : where 0 is Never and 4 is Always)

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

|  |  |
| --- | --- |
| ***Statements***  | ***Score***  |
| **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

  |   **0 1 2 3 4**  **0 1 2 3 4**  **0 1 2 3 4**  **0 1 2 3 4**  **0 1 2 3 4**  **0 1 2 3 4**  **0 1 2 3 4**  **0 1 2 3 4**  **0 1 2 3 4**  **0 1 2 3 4** **TOTAL \_\_\_\_\_**   |
| **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

 |  **0 1 2 3 4**  **0 1 2 3 4**  **0 1 2 3 4**  **0 1 2 3 4**  **0 1 2 3 4**  **0 1 2 3 4**  **0 1 2 3 4**  **0 1 2 3 4**  **0 1 2 3 4**  **0 1 2 3 4**  **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**

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

+ 5

+ 10

+ 15

+ 20

+ 25

+ 30

+ 35

+ 40

**Emotional Management**

# 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: