Logo, company name

Description automatically generated **DEVELOPING KNOWLEDGE AND SKILLS**

**The Quick Emotional Intelligence Self-Assessment**Logo, company name

Description automatically generated

**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: