

The Quick Emotional Intelligence Self-Assessment*

Emotional intelligence (*referred to as EQ*) is your ability to **be aware of, understand, and manage your emotions.**

This is NOT a scientific assessment, but rather a self-assessment for you to see where your EQ strengths may be.

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

Self Awareness Total _____	
01234	My feelings are clear to me at any given moment.
01234	Emotions play an important part in my life.
01234	My moods impact the people around me.
01234	I find it easy to put words to my feelings.
01234	My moods are easily affected by external events.
01234	I can easily sense when I'm going to be angry.
01234	I readily tell others my true feelings.
01234	I find it easy to describe my feelings.
01234	Even when I'm upset, I'm aware of what's happening to me.
01234	I am able to stand apart from my thoughts and feelings and examine them.
Self Management Total _____	
01234	I accept responsibility for my reactions.
01234	I find it easy to make goals and stick with them.
01234	I am an emotionally balanced person.
01234	I am a very patient person.
01234	I can accept critical comments from others without becoming angry.
01234	I maintain my composure, even during stressful times.
01234	If an issue does not affect me directly, I don't let it bother me.
01234	I can restrain myself when I feel anger towards someone.
01234	I control urges to overindulge in things that could damage my well-being.
01234	I direct my energy into creative work or hobbies.

Social Awareness Total _____	
01234	I consider the impact of my decisions on other people.
01234	I can easily tell if people around me are becoming annoyed.
01234	I sense it when a person's mood changes.
01234	I am able to be supportive when giving bad news to others.
01234	I am generally able to understand the way other people feel.
01234	My friends can tell me intimate things about themselves.
01234	It genuinely bothers me to see other people suffer.
01234	I usually know when to speak and when to be silent.
01234	I care what happens to other people.
01234	I understand when people's plans change.
Relationship Management Total _____	
01234	I am able to show affection.
01234	I am able to manage relationships well.
01234	I find it easy to share my deep feelings with others.
01234	I am good at motivating others.
01234	I am a fairly cheerful person.
01234	It is easy for me to make friends.
01234	People tell me I am sociable and fun.
01234	I like helping people.
01234	Others can depend on me.
01234	I am able to make someone else feel better if they are very upset.
Domain	Score
Emotional Awareness	0 2 4 6 8 10 12 14 16 18 20 22 24 26 28 30 32 34 36 38 40
Emotional Management	0 2 4 6 8 10 12 14 16 18 20 22 24 26 28 30 32 34 36 38 40
Social Awareness	0 2 4 6 8 10 12 14 16 18 20 22 24 26 28 30 32 34 36 38 40
Relationship Management	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: Many opportunities for attention and development
25 – 34	Effective functioning: Consider strengthening
35 – 40	Enhanced skills: EQ is an asset. Use as leverage to develop weaker areas.

*Quick Emotional Intelligence Assessment adapted from a model by Paul Mohapel (paul.mohapel@shaw.ca)