



****Emotional Intelligence Assessment****

Instructions: For each question, select the most appropriate answer or complete the sentence with the missing word.

****Self Awareness:****

1. I am able to recognize and understand my own _____.

- Emotions
- Thoughts
- Reactions
- Answers may vary

2. When faced with a challenging situation, I take a moment to reflect on my _____ before reacting.

- Feelings
- Surroundings
- Goals
- Answers may vary

****Managing Emotions:****

3. In stressful situations, I am capable of staying _____ and thinking clearly.

- Positive
- Neutral
- Calm
- Answers may vary

4. I believe I have the ability to effectively control my _____ when needed.

- Emotions
- Environment
- Thoughts
- Answers may vary

****Motivating Oneself:****

5. I am able to set challenging goals and remain _____ in pursuing them.

- Patient
- Focused
- Creative
- Answers may vary

6. Even when faced with setbacks, I can maintain a sense of _____ to achieve my objectives.

- Humor
- Resilience
- Perfection
- Answers may vary

****Empathy:****

7. I find it easy to understand and share the _____ of others.

- Opinions
- Experiences
- Beliefs
- Answers may vary

8. I actively listen to others and make an effort to see situations from their _____.

- Perspective
- Point of view
- Bias
- Answers may vary

****Scoring:**** Add up the points for each answer according to the following scale:

- Strongly Agree = 4 points
- Agree = 3 points
- Disagree = 2 points
- Strongly Disagree = 1 point

****Interpretation:****

- 30-40 points: High Emotional Intelligence
- 20-29 points: Moderate Emotional Intelligence
- 10-19 points: Developing Emotional Intelligence
- 8-9 points: Low Emotional Intelligence

Remember, this assessment is a basic tool and not a comprehensive measure of emotional intelligence. It's advisable to consult a professional for a more in-depth assessment.