

Self-Assessment on Emotional Intelligence

On a scale from one (1), meaning Strongly Disagree to five (5) meaning Strongly Agree, please answer the following 20 questions based on yourself and your relationships:

	Strongly Disagree			Strongly Agree	
Self-Awareness					
1. Are you confident in your abilities?	1	2	3	4	5
2. Admit your shortcomings?	1	2	3	4	5
3. Understand your emotions as they happen?	1	2	3	4	5
4. Recognize the impact your behavior has upon others?	1	2	3	4	5
5. Realize when others influence your emotional state?	1	2	3	4	5
Self-Management					
6. Do you handle stress well?	1	2	3	4	5
7. Tolerate frustration without getting upset?	1	2	3	4	5
8. Consider many options before making a decision?	1	2	3	4	5
9. Resist the desire to act or speak when it will not help the situation?	1	2	3	4	5
10. Discuss issues with people when something is bothering you?	1	2	3	4	5
Social Awareness					
11. Are you open to feedback?	1	2	3	4	5
12. Recognize other people's feelings?	1	2	3	4	5
13. Accurately pick up on the mood in the room?	1	2	3	4	5
14. Hear what the other person is "really" saying?	1	2	3	4	5
15. Outgoing in social situations?	1	2	3	4	5
Relationship Management					
16. Directly address people in difficult situations?	1	2	3	4	5
17. Communicate clearly and effectively?	1	2	3	4	5
18. Show others you care what they are going through?	1	2	3	4	5
19. Handle conflict effectively?	1	2	3	4	5
20. Learn about others in order to better get along with them?	1	2	3	4	5

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Total your scores for each section:



Total for Self-Awareness (questions 1 – 5): _____



Total for Self-Management (questions 6 – 10): _____



Total for Social Awareness (questions 11 – 15): _____



Total for Relationship Management (questions 16 – 20): _____

What is your highest score?

Discuss why you think this score was high.

What is your lowest score?

Discuss why you think this score was low.