

The Quick Emotional Intelligence Self-Assessment

*Adapted for the 2014 UAA Leadership Conference from a model by Paul Mohapel

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

Self-Awareness - Total: _____

0 1 2 3 4	My feelings are clear to me at any given moment
0 1 2 3 4	Emotions play an important part in my life
0 1 2 3 4	My moods impact the people around me
0 1 2 3 4	I find it easy to put words to my feelings
0 1 2 3 4	My moods are easily affected by external events
0 1 2 3 4	I can easily sense when I am going to be angry
0 1 2 3 4	I readily tell others my true feelings
0 1 2 3 4	I find it easy to describe my feelings
0 1 2 3 4	Even when I'm upset, I'm aware of what's happening to me
0 1 2 3 4	I am able to stand apart from my thoughts and feelings and examine them

Self-Control - Total: _____

0 1 2 3 4	I accept responsibility for my reactions
0 1 2 3 4	I find it easy to make goals and stick with them
0 1 2 3 4	I am an emotionally balanced person
0 1 2 3 4	I am a very patient person
0 1 2 3 4	I can accept critical comments from others without becoming angry
0 1 2 3 4	If an issue does not affect me directly, I don't let it bother me
0 1 2 3 4	I can restrain myself when I feel anger towards someone
0 1 2 3 4	I control urges to overindulge in things that could damage my wellbeing
0 1 2 3 4	I maintain my composure even during stressful times
0 1 2 3 4	I direct my energy into creative work or hobbies

Empathy - Total: _____

0 1 2 3 4	I consider the impact of my decisions on other people
0 1 2 3 4	I can tell if the people around me are becoming annoyed
0 1 2 3 4	I sense it when a person's mood changes
0 1 2 3 4	I am able to be supportive when giving bad news to others
0 1 2 3 4	I am generally able to understand the way other people feel
0 1 2 3 4	My friends can tell me intimate things about themselves
0 1 2 3 4	It genuinely bothers me to see other people suffer
0 1 2 3 4	I usually know when to speak and when to be silent
0 1 2 3 4	I care what happens to other people
0 1 2 3 4	I understand when people's plans change

Responding with Integrity - Total: _____

0 1 2 3 4	I am able to show affection
0 1 2 3 4	My relationships are safe places for me
0 1 2 3 4	I find it easy to share my deep feelings with others
0 1 2 3 4	I am good at motivating others
0 1 2 3 4	I am fairly cheerful person
0 1 2 3 4	It is easy for me to make friends
0 1 2 3 4	People tell me I am sociable and fun
0 1 2 3 4	I like helping people
0 1 2 3 4	Others can depend on me
0 1 2 3 4	I am able to talk someone down if they are very upset



Emotional Intelligence (measured by EQ) is your ability to be internally and externally aware of emotions by practicing self-awareness, self-control, empathy, and responding to situations with integrity. *Why is EQ important?* While intelligence (referred to as IQ) is important, success in life depends more on EQ. Circle your score below to better understand your personal EQ strengths!

My EQ (Emotional Quotient) Strengths! Mark your EQ total score to assess your strengths and areas for improvement.	
Section	Score
Self-Awareness	0 2 4 6 8 10 12 14 16 18 20 22 24 26 28 30 32 34 36 38 40
Self-Control	0 2 4 6 8 10 12 14 16 18 20 22 24 26 28 30 32 34 36 38 40
Empathy	0 2 4 6 8 10 12 14 16 18 20 22 24 26 28 30 32 34 36 38 40
Responding with Integrity	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 section using the following key: 0 - 24 Area for Enrichment : Requires attention and development 25 - 24 Effective Functioning: Consider Strengthening 35 - 40 Enhanced Skills: Use as leverage to develop weaker areas	