

Name:

Date:

The Quick Emotional Intelligence Self-Assessment*

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

Why is EQ important? While intelligence (referred to as IQ) is important, success in life depends more on EQ. Take the following self-assessment to learn your EQ strengths!

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

Self Awareness	Total _____
	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.
	I am able to stand apart from my thoughts and feelings and examine them.

Self Management	Total _____
	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 affect 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.

Social Awareness		Total _____
	I consider the impact of my decisions on other people.	
	I can easily tell if people around me are becoming annoyed.	
	I sense it when a person's mood changes.	
	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 genuinely bothers me to see other people suffer.	
	I usually know when to speak and when to be silent.	
	I care what happens to other people.	
	I understand when people's plans change.	

Social Skills		Total _____
	I am able to show affection.	
	I am able to manage relationships well.	
	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 make someone else feel better if they are very upset.	

EQ Strengths – Mark your EQ total scores for each domain to assess your strengths and areas for improvement.

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
Social Skills	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 for Caterpillar Inc. from a model by Paul Mohapel (paul.mohapel@shaw.ca)