

Emotional Intelligence Scale

Name: _____ Date: _____

Instructions: Indicate the extent to which each item applies to you using the following scale:

1 = strongly disagree

2 = disagree

3 = neither disagree nor agree

4 = agree

5 = strongly agree

| Score | Statement |
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| | 1. I know when to speak about my personal problems to others. |
| | 2. When I am faced with obstacles, I remember times I faced similar obstacles and overcame them. |
| | 3. I expect that I will do well in most things I try. |
| | 4. Other people find it easy to confide in me. |
| | 5. I find it hard to understand the nonverbal messages of other people. |
| | 6. Some of the major events of my life have led me to re-evaluate what is important and not important. |
| | 7. When my mood changes, I see new possibilities. |
| | 8. Emotions are some of the things that make my life worth living. |
| | 9. I am aware of my emotions as I experience them. |
| | 10. I expect good things to happen. |

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| | 11. I like to share my emotions with others. |
| | 12. When I experience a positive emotion, I know how to make it last. |
| | 13. I arrange events others enjoy. |
| | 14. I seek out activities that make me happy. |
| | 15. I am aware of the nonverbal messages I send to others. |
| | 16. I present myself in a way that makes a good impression on others. |
| | 17. When I am in a positive mood, solving problems is easy for me. |
| | 18. By looking at their facial expressions, I recognize the emotions people are experiencing. |
| | 19. I know why my emotions change. |
| | 20. When I am in a positive mood, I am able to come up with new ideas. |
| | 21. I have control over my emotions. |
| | 22. I easily recognize my emotions as I experience them. |
| | 23. I motivate myself by imagining a good outcome to tasks I take on. |
| | 24. I compliment others when they have done something well. |
| | 25. I am aware of the nonverbal messages other people send. |
| | 26. When another person tells me about an important event in his or her life, I almost feel as though I have experienced this event myself. |

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| | 27. When I feel a change in emotions, I tend to come up with new ideas. |
| | 28. When I am faced with a challenge, I give up because I believe I will fail. |
| | 29. I know what other people are feeling just by looking at them. |
| | 30. I help other people feel better when they are down. |
| | 31. I use good moods to help myself keep trying in the face of obstacles. |
| | 32. I can tell how people are feeling by listening to the tone of their voice. |
| | 33. It is difficult for me to understand why people feel the way they do. |

Source: *Personality and Individual Differences*, 25, N. S. Schutte et al. Development and validation of a measure of emotional intelligence, 167-177.