

# 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
	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.

	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.

	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.