

Emotional Intelligence Test

Name: _____ Date: _____

Instructions: Please read each statement and select the most appropriate response to indicate how frequently you experience the behavior described in the statement. There are no right or wrong answers, and please answer as honestly as possible.

Self-awareness	(1) Never	(2) Rarely	(3) Sometimes	(4) Often	(5) Always
1. I am aware of my emotions as they arise.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I am aware of how my emotions impact my behavior and decision-making.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I have a good sense of my own abilities and limitations.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I am aware of my own emotional triggers.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I am aware of how others perceive me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Score: _____

Managing emotions	(1) Never	(2) Rarely	(3) Sometimes	(4) Often	(5) Always
6. I am able to stay focused and think clearly even when experiencing powerful emotions.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. I am able to manage stress in healthy ways.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I am able to bounce back quickly after setbacks.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. I am able to calm myself down when I feel anxious or upset.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. I am able to control my temper and avoid saying or doing things I later regret.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Score: _____

Motivating oneself	(1) Never	(2) Rarely	(3) Sometimes	(4) Often	(5) Always
11. I am able to regulate my own emotions to stay focused on my goals.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. I am able to use my emotions to motivate myself towards my goals.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. I am able to stay motivated even when faced with obstacles and setbacks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. I am able to delay gratification in pursuit of my goals.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. I am able to stay optimistic in the face of challenges.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Score: _____

Empathy	(1) Never	(2) Rarely	(3) Sometimes	(4) Often	(5) Always
16. I am able to establish a sense of trust with others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17. I am able to express empathy in a way that feels genuine to others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18. I am able to respond appropriately to the emotions of others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19. I am able to understand the perspective of others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20. I am able to sense the emotions of others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Score: _____

Social skills	(1) Never	(2) Rarely	(3) Sometimes	(4) Often	(5) Always
21. I am able to adapt to different social situations and contexts.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22. I am able to work effectively in a team.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23. I am able to influence and inspire others in a positive way.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24. I am able to handle conflict and disagreements in a constructive manner.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
25. I am able to effectively communicate my own emotions to others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Score: _____

After completing the Emotional Intelligence Test, please add up your scores for each question and record your total score in the space provided below.

1 - Never 2 - Rarely 3 - Sometimes 4 - Often 5 - Always

Total score: _____

Interpretation

- **0-25** Low emotional intelligence
- **26-50** Moderate emotional intelligence
- **51-75** High emotional intelligence
- **76-100** Very high emotional intelligence

A low score indicates that you may struggle with managing your emotions and understanding others' emotions. This can lead to difficulties in relationships and communication. However, having a moderate or high score does not mean that you have perfect emotional intelligence. It simply means that you have a good starting point and can continue to work on improving in this area.

A high or very high score indicates that you have strong emotional intelligence and can effectively navigate your emotions. This can lead to better relationships, communication, and overall well-being.

To get the score for each domain, add the total score for each item in that subscale and write it down below. Then, measure your effectiveness in each domain using the key below, and write it on the interpretation row:

- **0 - 8** Area for enrichment: Many opportunities for attention and development
- **9-16** Effective functioning: Consider strengthening
- **17-25** Enhanced skills: EQ is an asset. Use as leverage to develop weaker areas.

Domain	Self-awareness	Managing emotions	Motivating oneself	Empathy	Social skills
Total score					
Interpretation					

Disclaimer: This test is intended for educational and informational purposes only and is not a substitute for professional advice or diagnosis. If you have concerns about your emotional intelligence, please speak with a qualified mental health professional.

Notes