

Emotional Intelligence Test

Name:	Date:
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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.

Statements	Never	Rarely	Sometimes	Often	Always
Self-awareness					Score:
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"/>
Managing emotions					Score:
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"/>
Motivating oneself					Score:
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"/>
Empathy					Score:
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"/>

Statements	Never	Rarely	Sometimes	Often	Always
Social Skill					Score:
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"/>

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
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Then, measure your effectiveness in each domain using the key below, and write it on the interpretation row:

<p>0 – 8 Area for enrichment: Many opportunities for attention and development</p> <p>9 – 16 Effective functioning: Consider strengthening</p> <p>17 – 25 Enhanced skills: EQ is an asset. Use as leverage to develop weaker areas.</p>
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	Self Awareness	Managing Emotions	Motivating Oneself	Empathy	Social Skill
TOTAL SCORE:					

INTERPRETATION:

Please note that 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: