

Emotional Intelligence Questionnaire

Rating Scale	Directions
5 - Definitely Describes Me!	<i>This questionnaire is just a guide to help you learn more about your strengths and growth areas. We all have both! Be as honest as you can and look at this like grading yourself. Generally, 75% and above is a Strength Area and 80% and above is very strong; however, you get to decide.</i>
4 - Describes Me	
3 – Unsure	
2 - Does Not Describe Me	
1 - Definitely Does Not Describe Me!	

Self-Perception

Self Regard	
1	Looking at both my good points and bad points, I feel good about myself.
2	I feel sure of myself in most situations.
3	I tend to feel good about myself overall.
4	I am self-confident.
5	It is not hard for me to accept myself just the way I am.
6	I think highly of myself.
7	I respect myself.
8	I'm happy with who I am.
Total (40)	
%	

Self-Actualization	
9	I accomplish my goals.
10	I feel I have something to contribute.
11	I seek out enriching experiences.
12	I am self-motivated.
13	I make good use of my abilities.
14	I strive to be the best I can be.
15	I am driven to achieve.
16	I try to make my life as meaningful as I can
17	I look for ways to improve myself.
Total (45)	
%	

Emotional Self-Awareness	
18	I pay attention to how I am feeling.
19	I am aware of the impact of my mood on others.
20	I know what triggers my emotions.
21	I'm aware of how I feel.
22	I recognize when I am upset.
23	I understand how the emotions of others affect me.
24	I know which emotions affect my performance.
Total (35)	
%	

Self-Expression

Emotional Expression

25	It's not hard for me to share my feelings with others.	
26	It's easy for me to express my feelings.	
27	I can easily express my intimate feelings.	
28	When I'm sad, I talk to people about it.	
29	It is not difficult to show people how I feel about them.	
30	I easily show affection.	
31	I can describe my feelings.	
32	It's easy for me to smile.	
Total (40)		
%		

Assertiveness

33	I do not tend to back down when I know I am right.	
34	I say "no" when I need to.	
35	I am assertive without being offensive.	
36	When I disagree with someone, I say so.	
37	I am firm and direct when necessary.	
38	I stand up for what I believe in.	
39	I tell people what I think.	
Total (35)		
%		

Independence

40	It is not hard for me to make decisions on my own.	
41	I do not cling to others.	
42	Others do not easily influence me.	
43	I prefer a job where I have personal choice and freedom (not told what to do every step).	
44	It is easy for me to do things on my own.	
45	I like reassurance from others, but don't need it.	
46	I need other people as much as they need me.	
47	I can be a follower and a leader.	
Total (40)		
%		

Interpersonal

Interpersonal Relationship

48	It's easy for me to make friends.	
49	I enjoy talking with people.	
50	I am easy to approach.	
51	People confide in me.	
52	I am fun to be with.	
53	I am a team player.	
54	People think that I am sociable.	
55	I have good relationships with others.	
Total (40)		
%		

Empathy

56	I am aware of how others feel.	
57	I am empathetic.	
58	I am good at understanding the way other people feel.	
59	I avoid hurting the feelings of others.	
60	I'm in touch with other people's emotions.	
61	I respect the way others feel.	
62	I am sensitive to the feelings of others.	
63	I care about other people's feelings.	
Total (40)		
%		

Social Responsibility

64	I act in an environmentally friendly way.	
65	I try to make a difference in society.	
66	I like helping people.	
67	I am a contributing member of the groups to which I belong.	
68	I contribute to my community.	
69	I care about social issues.	
Total (30)		
%		

Decision Making

Problem Solving

70	Even when I am really upset, I can decide what to do.	
71	I tend to try and find a solution to a problem rather than worrying about it.	
72	I do not avoid dealing with problems.	
73	It is not hard for me to decide on the best solution when solving a problem.	
74	I tend to be able to think of many ways to solve a problem.	
75	I can work through feeling overwhelmed and make a decision.	
76	I tend to keep trying to solve a problem even when I am having difficulty finding a solution.	
77	I tend to avoid letting my emotions get in the way of solving a problem.	
Total (40)		
%		

Reality Testing

78	I see situations as they really are.	
79	I make realistic plans to achieve my goals.	
80	I recognize my own biases.	
81	I have a good sense of my strengths and weaknesses.	
82	I know when I need to be more objective.	
83	I know when my emotions affect my objectivity.	
84	Even when upset, I'm aware of what's happening to me.	
85	I have a good sense of what is going on around me.	
Total (40)		
%		

Impulse Control

86	Even when emotional, I don't tend to make rash decisions.	
87	I tend to avoid interrupting when others are speaking.	
88	Impulsiveness never/rarely creates problems for me.	
89	I am not impulsive.	
90	When I start talking, it is easy to stop.	
91	I tend to react with thought and control. I don't react hastily.	
92	It is not difficult for me to control my impulses.	
93	I can resist temptation.	
Total (40)		
%		

Stress Management

Flexibility

94	It is not difficult for me to change my opinions if there is reason to do so.	
95	I like being in unfamiliar situations.	
96	It is not hard for me to change my ways if I need to.	
97	It is easy for me to compromise.	
98	I tend to be okay with last-minute changes.	
99	I can make changes in my daily life.	
100	I do not need things to be predictable.	
101	I see change as positive and a worthwhile challenge.	
Total (40)		
%		

Stress Tolerance

102	I keep calm in difficult situations.	
103	I can think clearly when I'm under stress.	
104	I thrive in challenging situations.	
105	I handle stress without getting too nervous.	
106	I perform well under pressure.	
107	I cope well with stressful situations.	
108	I handle upsetting problems well.	
109	I react well to stressful situations that I find myself in.	
Total (40)		
%		

Optimism

110	I stay positive even when things get difficult.	
111	I am optimistic.	
112	I do not tend to expect the worst.	
113	I am hopeful about the future.	
114	I see the best in people.	
115	I have good thoughts about the future.	
116	I expect things to turn out all right, despite setbacks from time to time.	
117	I have a positive outlook.	
Total (40)		
%		