**How Emotionally Intelligent are You?**

Instructions - Evaluate each statement as you actually are, rather than as you think you should be. Score each answer as set out below.

1. **I can recognise my emotions as I experience them**

Not at All Rarely Sometimes Often Very Often

1. **I lose my temper when I am frustrated**

Not at All Rarely Sometimes Often Very Often

1. **People have told me that I am a good listener**

Not at All Rarely Sometimes Often Very Often

1. **I know how to calm myself down when I feel anxious or upset**

Not at All Rarely Sometimes Often Very Often

1. **I enjoy organisation groups**

Not at All Rarely Sometimes Often Very Often

1. **I find it hard to focus on something over the long term**

Not at All Rarely Sometimes Often Very Often

1. **I find it difficult to move on when I feel frustrated or unhappy**

Not at All Rarely Sometimes Often Very Often

1. **I know strengths and weaknesses**

Not at All Rarely Sometimes Often Very Often

1. **I avoid conflicts and negotations**

Not at All Rarely Sometimes Often Very Often

1. **I feel that I don’t enjoy work**

Not at All Rarely Sometimes Often Very Often

1. **I ask people for feedback on what I do well, and how I can improve**

Not at All Rarely Sometimes Often Very Often

1. **I set long-term goals, and review my progress regularly**

Not at All Rarely Sometimes Often Very Often

1. **I find it difficult to read other people’s emotions**

Not at All Rarely Sometimes Often Very Often

1. **I struggle to build rapport with others**

Not at All Rarely Sometimes Often Very Often

1. **I use active listening skills when people speak to me**

## Not at All Rarely Sometimes Often Very Often

|  |  |
| --- | --- |
| Not at All | 1 point |
| Rarely | 2 points |
| Sometimes | 3 points |
| Often | 4 points |
| Very often | 5 points |

|  |  |
| --- | --- |
| **Score** | **Comment** |
| 15-34 | You need to work on your emotional intelligence. You may find that you feel overwhelmed by your emotions, especially in stressful situations or you may avoid conflict because you think that you will find it distressing. It is likely that you find it hard to calm down after you have felt upset, and you may struggle to build strong working relationships. |
| 35-55 | Your emotional intelligence is ok. You probably have good working relationships with some of your colleagues, but others may be more difficult to work with. |
| 56-75 | You are an emotionally intelligent person. You have great relationships and you probably find that people approach you for advice. However, when so many people admire your people skills, it is easy to lose sight of your own needs. Research has found that emotionally intelligent people often have great leadership potential. |