

Emotional Intelligence Self-Assessment

Instructions: Rate yourself from 1 (Strongly Disagree) to 5 (Strongly Agree)

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|---|-----------------------|
| 1. I am aware of my emotions as I experience them. | [1 - 2 - 3 - 4 - 5] |
| 2. I can stay calm and manage stress in difficult situations. | [1 - 2 - 3 - 4 - 5] |
| 3. I understand how my emotions affect others around me. | [1 - 2 - 3 - 4 - 5] |
| 4. I can motivate myself to achieve goals even when I feel low. | [1 - 2 - 3 - 4 - 5] |
| 5. I can sense and understand other people's emotions. | [1 - 2 - 3 - 4 - 5] |
| 6. I can resolve conflicts effectively with empathy. | [1 - 2 - 3 - 4 - 5] |
| 7. I regularly reflect on my behavior and its impact on others. | [1 - 2 - 3 - 4 - 5] |
| 8. I actively listen to others without interrupting. | [1 - 2 - 3 - 4 - 5] |
| 9. I build and maintain healthy relationships easily. | [1 - 2 - 3 - 4 - 5] |
| 10. I adapt well to change and manage emotional setbacks quickly. | [1 - 2 - 3 - 4 - 5] |