



**PSYCHO
METER**

REPORT

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General Information

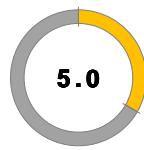
Quotient	Daughter Quotient	Description
Intrapersonal Quotient (I1Q)	Self-Esteem Quotient Body Wellbeing Quotient Locus of Control Quotient	Intrapersonal Quotient is simply about how we view, judge and therefore feel about ourselves and expect to be accepted and valued by people who we value in life. A strong sense of self is vital in determining how we approach life; relate to and work with others. This quotient is measured by our skill in tackling life events and is interpreted by us via feedback got from others.
Interpersonal Quotient (I2Q)	Aggressive-Assertive Quotient Passive-Assertive Quotient Friendliness Quotient Controlling Quotient	Interpersonal Quotient is about how we interact, deal with and manage others. It's about communicating to others what we feel or deserve – however in a manner that does not infringe upon their rights. It is also about understanding and appropriately responding to other's communication about what they feel or deserve. Being assertive, that is talking about our needs, wants, feelings, beliefs and opinions to others in a straightforward style, yet which still shows respect for them, is an important component of this quotient. However, at times we confuse assertive behavior with aggression and control, and erroneously assume that to assert ourselves is to be loud and belligerent and refuse to compromise in any way, or try to make others agree to what we want by any and all means. The use of aggressive behaviors, such as verbal or physical threats, or attempts to control others indirectly through manipulation, may sometimes get us what we desire, but at the cost of any goodwill in our relationships. Over a period of time, aggression and control are as self-defeating as being passive or submissive.
Rational Emotive Quotient (REQ)	Rationality Quotient Impulsiveness Quotient	Thousands of years ago, the Greek philosopher Epictetus said that we are not disturbed by things but the views we take of them. Many centuries later, the most famous English dramatist Shakespeare wrote a similar line: that there is nothing good or bad but our thinking makes it so. Rational emotive behavior is about understanding the importance of this idea and working to make our emotions more rational. The behavior is founded on a small number of straightforward principles having deep implications: we are accountable for our own emotions and actions; our hurtful emotions and dysfunctional behaviors are the result of our illogical thinking; we can learn to have more reasonable and realistic views and, with practice, make them a part of us; we'll experience a deeper acceptance of ourselves and greater satisfactions in life by developing a reality-based outlook.
General Well-Being Quotient (GWQ)	Stress Quotient Happiness Quotient Anxiety Quotient	General Well-being quotient is about how we feel generally in life. Our perceived level of stress is an important part of our general well-being. Stress is a condition or feeling experienced when a person perceives that demands exceed the personal and social resources the individual is able to mobilize. A little bit of stress, called positive stress, is good for us as it helps us work better in demanding situations. But if not within acceptable limits, stress can affect both our body and our mind. People under large amounts of stress can become tired, sick, and incapable of concentrating or thinking clearly. Sometimes, they even suffer mental breakdowns. Similarly our happiness and anxiety levels also affect our general well-being

Score, Interpretation

Quotient

Score

Interpretation

Intrapersonal
Quotient (IQ1)

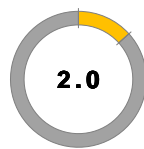
IN-ADEQUATE

A significant gap exists between the degree of IQ1 that is present and that is desirable. The individual's response suggests they lack confidence and a sense of achievement. Therefore a fair amount of attention needs to be paid to develop a stronger sense of self.

More specifically, the scores show the following...

One, self-esteem is in the median range and while that is encouraging, still the individuals need to put a fair amount of attention in developing a stronger sense of self.

Two, the individuals think their bodies and physical appearance fall in the ok range, but they are not satisfied with their bodies. This leads to a reduced sense of self that could gain from focused effort in the area of body improvement as well as a more positive assessment of the situation. And three, the scores show that individuals do not feel that they have control of their lives or that it is in their hands to give it a desired direction. Fate and other people, according to them, hugely influence what happens in their lives. This may lead to negative patterns of behavior like blame-gaming and victim playing, so it is advised that the individuals start believing that they are responsible for their lives far more than they seem to feel right now.

Interpersonal
Quotient (IQ2)

IN-ADEQUATE

The scores show that there is a big gap between the degree of IQ2 that is present and that is desirable. The individuals' responses suggest that they are quite lacking in the way they deal with others. Therefore the individuals need to give a great deal of attention to improve their interpersonal skills.

One, the individuals are sometimes very aggressive and this may lead to frequent conflicts with peers and later on in life, colleagues. The individuals need to understand that while it is important to stand up for your rights and for what you deserve from others, it is equally important to remember that other people have the same rights as you and best results are achieved when you are not aggressive or fight with them during conflicts but are instead assertive: mutually respectful, accepting, direct and honest but tactful, clear, decisive, responsible and spontaneous.

Two, the individuals also often display avoidable passivity in their approach characterized by traits like helplessness, indecisiveness, being needlessly apologetic, lack of responsibility and indirectness. A much more assertive approach is desired in such circumstances.

Three, the scores show that individuals seem to be quite unfriendly to the people around them which is not a good thing. It is recommended that they should take care to be more of a friend to their peers. While it is good to focus on ourselves, the interdependency of everything in life can make it difficult for us to live a happy, productive and fulfilling life if we are not friendly to people around us and don't take them into consideration. Especially, in the professional world, where we need to work in teams and develop extensive networks to have a fulfilling and successful career, a friendly nature is very important. And four, on an average the individuals lead their own lives and let people around them including their near and dear ones lead theirs. However, sometimes others may still feel that their lives are being interfered with. The individuals should be mindful of that.

Rational Emotive
Quotient (REQ)

ADEQUATE

The individual's response suggests that their ability to manage their emotions lies in the median range. So while it is good that they have a fair amount of rationality present in their emotional responses, it will be even better if some more work is put in to develop a greater rational emotive capacity.

More specifically, the scores show the following...

One, the responses of individuals to situations is rational on an average; their emotions seem to be mostly in their control. However, at times, loss of rationality does occur, especially in very tough situations. These are the times when the individuals should pay extra attention so they are in control of the situation and are able to diffuse difficulties.

And two, the scores show that the individuals are characterized by a degree of impulsiveness falling in the median range. This is acceptable as this shows a fairly balanced mix of thinking and planning combined with quick decision making. However, the individuals should take care that in certain situations, not taking time to think through can lead to poor decisions and sub-optimal actions.

Quotient**Score****Interpretation**

General Well-Being
Quotient (GWQ)



ADEQUATE














The individual's response suggests that their general well-being lies in the median range. So while it is good that they feel fairly well in their lives, it will be good if some more work is put in to develop a stronger sense of well-being. More specifically, the scores show the following...

One, responses show that stress levels are in the median range. While that is ok, some attention should be paid to bring down the stress levels.

Two, the individuals seem to be feeling rather sad in their current lives. Happiness of the mind is a very important requirement for a productive personal and professional life. An unhappy mind is a disinterested mind, so the individuals should seek ways to lift themselves out of their current states of unhappiness.

And three, the scores show that the anxiety levels of the individuals lie in the median range. While it is good to see that it is so, the individuals should try to reduce their anxiety levels even further to have more effective personal and professional lives.

Profile Indicators

	TEAM PLAY	IN-ADEQUATE	<div><div></div><div></div><div></div><div></div></div>
	CONFLICT HANDLING	IN-ADEQUATE	<div><div></div><div></div><div></div><div></div></div>
	DECISION MAKING	ADEQUATE	<div><div></div><div></div><div></div><div></div></div>
	STRESS HANDLING	ADEQUATE	<div><div></div><div></div><div></div><div></div></div>
	LEADERSHIP	ADEQUATE	<div><div></div><div></div><div></div><div></div></div>
	EMPLOYEE RELIABILITY	IN-ADEQUATE	<div><div></div><div></div><div></div><div></div></div>
	SALES ACHIEVEMENT	IN-ADEQUATE	<div><div></div><div></div><div></div><div></div></div>
	WORK ENGAGEMENT	ADEQUATE	<div><div></div><div></div><div></div><div></div></div>
	PERSUASIVENESS	IN-ADEQUATE	<div><div></div><div></div><div></div><div></div></div>
	BUSINESS ACUMEN	ADEQUATE	<div><div></div><div></div><div></div><div></div></div>
	CUSTOMER SERVING ATTITUDE	IN-ADEQUATE	<div><div></div><div></div><div></div><div></div></div>
	CHANNEL MANAGEMENT	IN-ADEQUATE	<div><div></div><div></div><div></div><div></div></div>
	EXECUTION	ADEQUATE	<div><div></div><div></div><div></div><div></div></div>