1. Self-awareness as a component of emotional intelligence means  
   (A) ignoring one’s inner emotional state  
   (B) recognizing and understanding one’s own emotions accurately  
   (C) suppressing all forms of feelings in interaction  
   (D) exaggerating emotions for influence
2. Empathy within emotional intelligence is best described as  
   (A) feeling superior to others’ problems  
   (B) the ability to understand and share another person’s emotional state  
   (C) dismissing another person’s emotional expressions  
   (D) always agreeing with others without reason
3. Emotional regulation helps an individual to  
   (A) lose control when provoked  
   (B) manage disruptive emotions to act constructively  
   (C) deny the existence of emotional experiences  
   (D) suppress communication entirely
4. In leadership, emotional intelligence plays a critical role in  
   (A) creating fear among subordinates  
   (B) inspiring trust, motivation, and collaboration  
   (C) disregarding diverse team emotions  
   (D) isolating rationality from empathy
5. The ability to delay gratification and manage impulses reflects  
   (A) lack of self-control  
   (B) emotional self-regulation within intelligence  
   (C) excessive emotionality  
   (D) total emotional suppression
6. Social skills in emotional intelligence include  
   (A) maintaining effective relationships and managing conflict constructively  
   (B) withdrawing completely from social exchanges  
   (C) relying solely on technical knowledge  
   (D) ignoring group dynamics in interactions
7. Motivation as part of emotional intelligence indicates  
   (A) avoiding goals to minimize failure  
   (B) being driven to achieve beyond external rewards  
   (C) ignoring feedback during challenges  
   (D) relying only on luck for accomplishments
8. The capacity to remain calm under pressure demonstrates  
   (A) poor emotional resilience  
   (B) emotional intelligence through self-management  
   (C) heightened impulsivity  
   (D) denial of stress
9. Recognizing emotions in others through subtle non-verbal cues reflects  
   (A) cognitive rigidity  
   (B) empathic accuracy as part of emotional intelligence  
   (C) deliberate disinterest in others  
   (D) total dependence on spoken language
10. A deficiency in emotional intelligence may lead to  
    (A) conflicts in interpersonal relationships  
    (B) stronger collaboration and trust  
    (C) enhanced adaptability in teams  
    (D) deeper empathetic bonds