**ASSESSING YOUR EMOTIONAL INTELLIGENCE**

1. Now provide a score for yourself in each of the four areas of emotional intelligence, using the following scale:

**Low Emotional Intelligence 1 2 3 4 5 6 7 8 9 10 High Emotional Intelligence**

Record each score in the appropriate box below. Also record specific behaviors that you exhibit that led to each of the four scores.

\_\_\_\_\_ **EMOTIONAL SELF-AWARENESS** (*Knowing your own emotions in the moment*) Your specific behavior(s) that influenced your score:

4. I can sometimes identify what I am feeling. Sometimes it feels like so many emotions I can’t always figure out which one is bothering me the most.

\_\_\_\_\_ **EMOTIONAL SELF-MANAGEMENT** (*Managing your own emotions effectively*) Your specific behavior(s) that influenced your score:

3 When I have emotional outbursts I tend to want to scream or cry. I have a hard time taking control and I get very frustrated with myself.

\_\_\_\_\_ **SOCIAL AWARENESS** (*Empathizing accurately with other people’s emotions*) Your specific behavior(s) that influenced your score:

10 I take other people’s needs before myself and if I sense a strong emotion from them I will immediately help them.

\_\_\_\_\_ **RELATIONSHIP MANAGEMENT** (*Handling emotions in relationships with skill and harmony*) Your specific behavior(s) that influenced your score:

7 I do this pretty well. With my parents it is harder to communicate the feelings but with friends I talk through everything and try to understand their point of view.

1. When you have recorded the four scores in the boxes above, write the average of the four scores here: AVERAGE SCORE 6\_\_\_\_\_\_\_
2. Select the one emotion you have most difficulty in managing and describe below the thoughts and behaviors you could implement to become more emotionally intelligent.

The emotion I have the hardest time with is emotional self management. When I lose control of my emotions I have a hard time bringing them back in. I get anxious very often and sometimes to fix this problem I just immediately work on whatever it is. Sometimes a deep breathe or a break helps well too.