

## Emotional Intelligence

### 1. Mainly EQ can be described under 4 major aspects

- Emotional awareness
- Emotional management
- Social emotional awareness
- Relationship management

Before going on how to measure it is important to notice that, it is very hard to measure someone emotional intelligence using some questions because:-

- a) People could simply be lying without noticing that they are lying
- b) People simply do not know themselves well enough
- c) People misinterpret the question.

I think EQ would require you to participate in some tasks that requires you to use the faculty of emotional aptitude. Therefore, you may try to find another way to measure emotions like watching a video plays on a specific kind of emotions; you may mute the audio and observe facial expressions then repeat the video with enabled audio and try to the difference in reactions and facial expressions.

In addition, your test accuracy may increase if using a kind of facial expressions observer or body language expert, which is very difficult to be provided using online question

### 2. How to measure Emotional intelligence?

- Provide questions that touch each aspect of the above.
- The more the questions are the more accurate your test.
- In my EQ test there is 5 answers ,each answer has degree as following :  
0(never) 1(rarely) 2(sometimes) 3(often) 4(always)

### 3. In scale of 10 questions for each aspect:

| Domain   | Score |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|--|-------|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| Emotional Awareness  | 0     | 2 | 4 | 6 | 8 | 10 | 12 | 14 | 16 | 18 | 20 | 22 | 24 | 26 | 28 | 30 | 32 | 34 | 36 | 38 | 40 |
| Emotional Management   | 0     | 2 | 4 | 6 | 8 | 10 | 12 | 14 | 16 | 18 | 20 | 22 | 24 | 26 | 28 | 30 | 32 | 34 | 36 | 38 | 40 |
| Social Emotional Awareness   | 0     | 2 | 4 | 6 | 8 | 10 | 12 | 14 | 16 | 18 | 20 | 22 | 24 | 26 | 28 | 30 | 32 | 34 | 36 | 38 | 40 |
| Relationship Management  | 0     | 2 | 4 | 6 | 8 | 10 | 12 | 14 | 16 | 18 | 20 | 22 | 24 | 26 | 28 | 30 | 32 | 34 | 36 | 38 | 40 |
| Measure your effectiveness in each domain using the following key:         |       |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| 0 – 24    Area for Enrichment: <b>Requires</b> attention and development   |       |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| 25 – 34    Effective Functioning: Consider <b>strengthening</b>            |       |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| 35 – 40    Enhanced Skills: Use as <b>leverage</b> to develop weaker areas |       |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |

### 4. Using this key but in smaller scale for my EQ:

As in my EQ test provided 3 questions for each aspect.

Then area for enrichment between [ 0 - 7 ]

Effective functioning [ 8 – 10 ]

Enhanced skills [ 10 – 12 ]

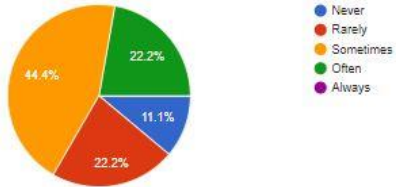
### 5. EQ questions category

- Emotional awareness  
Questions # 1 - 3 - 6
- Emotional management  
Questions # 4 - 7 - 10
- Social emotions  
Questions # 2 - 9 - 12
- Relationship management  
Questions # 5 - 8 - 11

## RESULTS

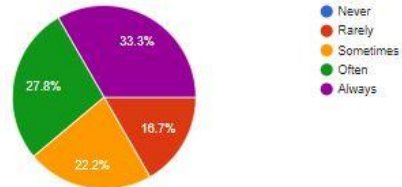
I find it easy to put words to my feelings

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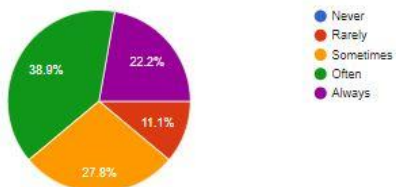
My moods are easily affected by external events

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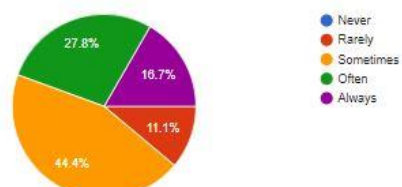
I usually know when to speak and when to be silent

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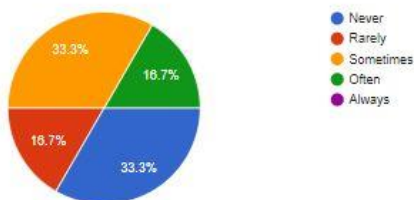
I find it easy to make goals and stick with them

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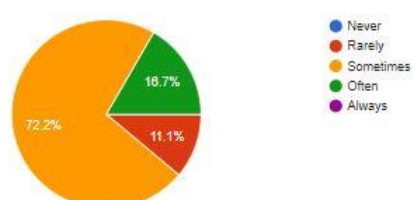
I find it easy to share my deep feelings with others

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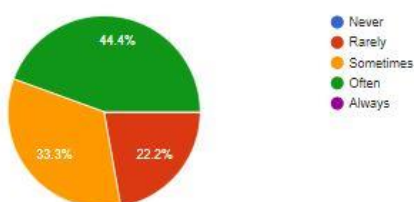
I maintain my composure even during stressful times

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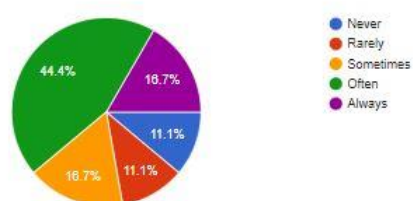
I am able to stand apart from my thoughts and feelings and examine them

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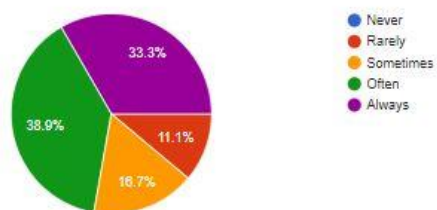
It is easy for me to make friends

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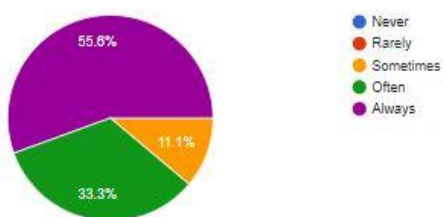
.I am able to be supportive when giving bad news to others

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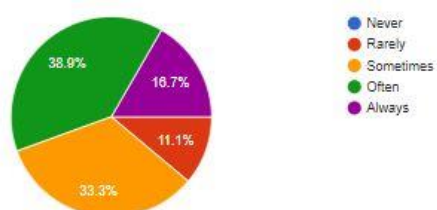
Others can depend on me

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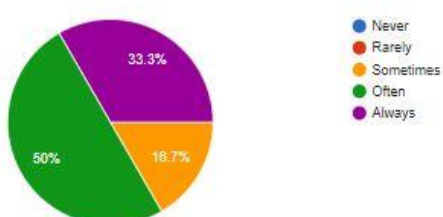
I can accept critical comments from others without becoming angry

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I sense it when person's mood changes

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N.B : Individual results is attached in an excel sheet