Emotional Intelligence Model

Dr. Reuven Bar-On, originally developed a model that captured emotional intelligence which was later was revised by Multi-Health System. The model is divided into 5 composite scales and 15 sub-scale

Definitions of the EQ-i 2.0 Composite and Sub-Scales

Stein & Book have defined the EQ-I 2.0 composite and sub-scales as follows:

The Self-Perception Realm

Refers to the "inner self."
It determines how in touch with your feelings you are, how good you feel about yourself and about what you are doing in life. Success in this area means that you are aware of your feelings, feel strong, and have confidence in pursuing your goals.

Emotional Self-Awareness – the ability to recognize how you're feeling and why you're feeling that way, and the impact your emotions have on the thoughts and actions of yourself and others;

Self-Regard - the ability to recognize your strengths and weaknesses and to feel good about yourself despite your weaknesses; and

Self-Actualization - the ability to persistently try to improve yourself and pursue meaningful goals that lead to a richer life (Stein & Book, 2011, Chapters 3, 4 & 5).
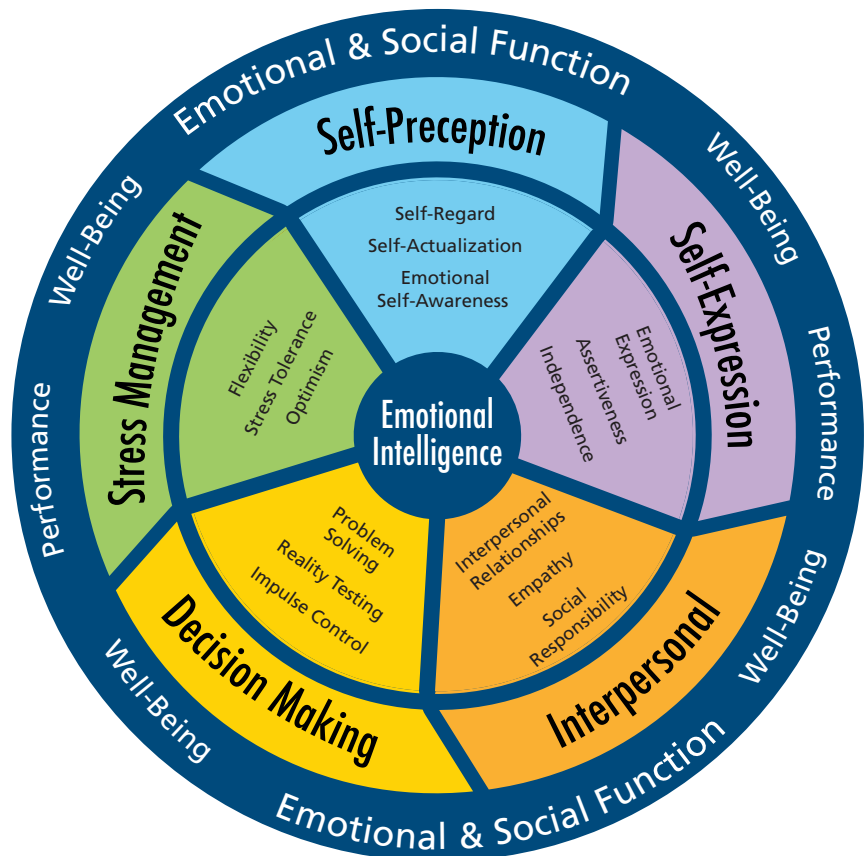
Model of Emotional Intelligence