

Emotional Intelligence Self-Assessment

For each item, rate how you feel you are able to display the ability. Recall situations where you have had to use the item. Score each numbered item from 1 (low) to 10 (high). Write your response in the white space. For some items there will be multiple white spaces, and you should write your response in each column.

Item	A	B	C	D	E
1. Relax while under pressure					
2. Remain productive when angry					
3. Calm yourself quickly after becoming anxious					
4. Associate body language with emotions					
5. Use "self-talk" for positive well being					
6. Effectively communicate your feelings					
7. Remember negative feelings without becoming anxious					
8. Remain calm when being attacked by others					
9. Recognize negative "self-talk"					
10. Recognize anger at the onset					
11. Accurately interpret events in your life					
12. Know which of your senses you are using					
13. Accurately communicate your experiences					
14. Identify the point at which your mood shifts					
15. Identify when you become defensive					

Item	A	B	C	D	E
16. Understand the impact your behavior has on others		■	■		■
17. "Psyche yourself up" willingly	■	■		■	■
18. Complete long tasks within deadlines	■	■		■	■
19. Maintain energy when doing boring work	■	■		■	■
20. Change or stop bad habits	■	■		■	■
21. Quickly regroup after a setback	■	■		■	■
22. Follow words with actions	■	■		■	■
23. Create more productive behavior patterns	■			■	■
24. Work out conflicts	■	■	■		■
25. Influence others, either directly or indirectly	■	■	■		
26. Make others feel good	■	■	■		
27. Help others manage their emotions	■	■	■	■	
28. Recognize when others are distressed	■	■	■	■	
Total					

When you have finished, total the columns. The range will fall between 8 and 80. The column with the lowest number will be the one you will want to work on the most.

A	Self-Awareness
B	Managing Emotions
C	Self-Motivation
D	Relating Well
E	Emotional Mentoring