The Quick Emotional Intelligence Self-Assessment* Emotional intelligence (referred to as EQ) is your ability to be aware of, understand, and

manage your emotions.

This is NOT a scientific assessment, but rather an self-assessment for you to see where your EQ strengths may be.

Rank each statement as follows: 0 (Never) 1 (Rarely) 2 (Sometimes) 3 (Often) 4 (Always)

Self Awar	eness Total
01234	My feelings are clear to me at any given moment.
01234	Emotions play an important part in my life.
01234	My moods impact the people around me.
01234	I find it easy to put words to my feelings.
01234	My moods are easily affected by external events.
01234	I can easily sense when I'm going to be angry.
01234	I readily tell others my true feelings.
01234	I find it easy to describe my feelings.
01234	Even when I'm upset, I'm aware of what's happening to me.
01234	I am able to stand apart from my thoughts and feelings and examine them.
Self Mana	gement Total
01234	I accept responsibility for my reactions.
01234	I find it easy to make goals and stick with them.
01234	I am an emotionally balanced person.
01234	I am a very patient person.
01234	I can accept critical comments from others without becoming angry.
01234	I maintain my composure, even during stressful times.
01234	If an issue does not affect me directly, I don't let it bother me.
01234	I can restrain myself when I feel anger towards someone.
01234	I control urges to overindulge in things that could damage my well-being.
01234	I direct my energy into creative work or hobbies.

Quick Start Emotional Intelligence

Ted D. Snow

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