

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 Awareness 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 Management 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

**Francisco Castillo, Licensed Marriage
and Family Therapist**



Quick Start Emotional Intelligence:

Emotional Intelligence: How To Quickly Develop Your Emotional Intelligence, Complete Guide To Improving Your Emotional Intelligence Today ,2015-02-03 Emotional Intelligence How To Quickly Develop Your Emotional Intelligence Complete Guide To Improving Your Emotional Intelligence Today Read on your PC Mac smart phone tablet The ability to control and express our own emotions is important and so is our ability to respond interpret and understand the emotions of people around us Experts define this ability as Emotional Intelligence This book contains proven steps and strategies on how to improve your emotional intelligence including the five key skills to make it work effectively Also provided in this book are the five characteristics of emotional intelligence that are essential in attaining true leadership improving it while at work and for parents a quick guide to nurturing emotional intelligence for your children Here Is A Preview Of What You ll Learn An Overview on Emotional Intelligence The 5 Skills of Emotional Intelligence Nine Ways on How to Improve Emotional Intelligence The Role of Emotional Intelligence While At Work Emotional Intelligence s Role in Effective Leadership Nurturing Emotional Intelligence among Children Much much more Emotional Intelligence also known as EQ is the person s ability to manage use identify and understand emotions in optimistic ways to overcome struggles have compassion with others resolve conflict relieve stress and communicate effectively EQ creates an impact in various aspects of our lives such as the way we behave and interact with other people If you have a high EQ you can recognize your own emotional state as well as others Your EQ serves as your level of understanding the emotional aspect of relating with people in order to establish genuine relationships achieve greater success at work and live a more fulfilling life Why EQ Is Very Important As we all know it s not only the smartest people that are the most fulfilled and successful in life Perhaps you know someone who is 100% academically inclined but he or she doesn t know how to value personal relationships Having intellectual intelligence or IQ is not enough to become successful in life An above average IQ can get you to college true But in the end it s your EQ that will help you handle the emotions anxiety and stress of college life especially during examinations Emotional intelligence affects Your relationship with others By controlling and understanding your emotions you ll be able to express how you understand and feel the emotions coming from your family friends and work colleagues Also this allows you to communicate with them more effectively and develop a meaningful work and personal life Your mentality Unmanaged stress creates impact in your mentality making you susceptible to depression and anxiety If you cannot manage or understand your emotions there is a good chance that you will suffer from mood swings which can ruin work or personal relationships and leave you feeling isolated Your physical being If you are unable to overcome stress this can lead to severe health problems Unmanaged stress speeds up the aging process contributes to infertility raises blood pressure suppresses the body s immune system and increases the risk of stroke and heart attack In line with this the crucial step to improving your EQ is by learning how to manage stress levels in your body **Emotional Intelligence** Annie Bird,2020-06-27

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