

Emotional Intelligence (EI) Assessment

This assessment can serve as a tool to introduce you to emotional intelligence and help you begin to think about some of the elements and implications of EI. Use this tool as a means of self-exploration, discovery, and discussion rather than a scientific measure of your true EI score. Consider each statement and rate yourself on the following scale:

1 - Not true 2 - Somewhat true 3 - Neutral 4 - Mostly true 5 - Very true

		Score
1	I am generally aware of my own emotions	1 2 3 4 5
2	I have a good sense of my strengths and weaknesses	1 2 3 4 5
3	I can accurately describe what I am feeling, even when under stress or pressure	1 2 3 4 5
4	I rarely look back on a situation and feel surprised at how emotional I became	1 2 3 4 5
5	When I receive critical feedback about my behavior, it is usually something I already knew about myself	1 2 3 4 5
6	I usually stop myself from having emotional outbursts	1 2 3 4 5
7	I am able to quickly overcome setbacks	1 2 3 4 5
8	I can engage in professional or polite conversations even if I am feeling very emotional	1 2 3 4 5
9	I avoid making decisions based primarily on emotion	1 2 3 4 5
10	I feel I am generally able to manage my emotions well	1 2 3 4 5
11	I can quickly pick up on what others are feeling	1 2 3 4 5
12	I actively listen when others are talking	1 2 3 4 5
13	I can usually tell what people are feeling from their facial expressions	1 2 3 4 5
14	I feel comfortable discussing feelings with other people	1 2 3 4 5
15	I empathize well with others	1 2 3 4 5
16	I am a skilled facilitator	1 2 3 4 5
17	I am able to help others resolve their own conflicts	1 2 3 4 5
18	I feel comfortable sharing my own emotions with others	1 2 3 4 5
19	I get along with most people I interact with	1 2 3 4 5
20	Other people tend to trust and confide in me	1 2 3 4 5

Total for items 1 - 5: _____

This is your **Self-Awareness** score

Total for items 6 - 10: _____

This is your **Self-Management** score

Total for items 11 - 15: _____

This is your **Social Awareness** score

Total for items 16 - 20: _____

This is your **Relationship Management** score

Total Score: _____

This is your **overall EI** score

