

## ASSESSING YOUR EMOTIONAL INTELLIGENCE

The following diagnostic questionnaire will help you to assess your EQ and assesses the following areas:

- Intrapersonal:
  - – self-awareness;
  - – self-confidence;
  - – self-discipline;
- Interpersonal;
  - – empathy;
  - – optimism;
  - – social responsibility.

Rate yourself on a scale of 1 to 5 for each question:  
1 = almost never through to 5 which = almost always.

Please transfer your scores from the diagnostic onto the table below. Add up each column and you will receive a score for each category:

SA stands for self-awareness  
 SC stands for self-confidence  
 SD stands for self-discipline  
 E stands for empathy  
 O stands for optimism  
 SR stands for social responsibility.

If you have scored between 25 and 20 you have a high EQ score for that category so continue doing what you are doing. Scores between 19 and 14 represent an average EQ score for that category. This could be improved by following some of the tactics described below for increasing your EQ. Scores between 13 and 5 represent a low EQ score for that category. We strongly recommend that this could be improved by following some of the tactics described below for increasing your EQ.

### Activity

Look at your scores for each of the categories of EQ assessment. Identify what your top three **strengths** are and what you will continue to do. Identify what your top three **areas for development** are and use the tactics that follow in the next chapter to form your development plan for improving your EQ.

Q1	Q2	Q3	Q4	Q5	Q6
Q7	Q8	Q9	Q10	Q11	Q12
Q13	Q14	Q15	Q16	Q17	Q18
Q19	Q20	Q21	Q22	Q23	Q24
Q25	Q26	Q27	Q28	Q29	Q30
TOTAL FOR SA	TOTAL FOR SC	TOTAL FOR SD	TOTAL FOR E	TOTAL FOR O	TOTAL FOR SR

1. When feeling a negative emotion (eg anger, sadness) I always consider the most appropriate way of dealing with this rather than allowing my negative emotions to take over.
2. I am able to motivate myself to achieve and deliver my goals.
3. I find positive ways of releasing my anger.
4. I am good at matching and pacing my feelings with the individual I am interacting with.
5. I can keep going despite obstacles being put in my way.
6. I act responsibly in situations even if it means I might not benefit personally.
7. When I am with others and my mood is not positive, I take conscious steps to change it to a more positive one.
8. I say if I do not agree with someone else's opinion.
9. I can deal calmly and thoughtfully with the emotional displays of others.
10. I find it easy to put myself in someone else's situation and understand what it feels like.
11. I see the bright side of things rather than the down side.
12. When there is potential conflict in a group I will search for areas of commonality and agreement.
13. When I display negative or positive emotions I am aware of the impact I am having on the people around me.
14. I show consideration and listen to other people's opinions.
15. I am able to be composed and control my aggression when something happens that upsets me.
16. I can pick up underlying messages from people through their tone and body language.
17. When I am enthusiastic or passionate about something I let it show.
18. I am accepting of everyone's talents and find effective ways of using those for the sake of the individual as well as the group.
19. I am aware of the circumstances or people that create positive or negative emotions in me.
20. I am happy to make decisions myself without having to refer to others.
21. I weigh up all the facts surrounding the situation before taking action.
22. I give my undivided attention to others when I am listening to them.
23. People often feel inspired or encouraged after having interacted with me.
24. I act as the conscience for any group I work with and when necessary, remind them of how we should be behaving with one another.
25. I am aware of the physical reactions I have when I am feeling strong positive or negative emotions.
26. I am respected and liked by others even if they do not agree with me.
27. I perceive myself to be flexible and adaptable.
28. People find it easy to talk to me about themselves.
29. When I see that something needs doing I go ahead and do it.
30. I find ways of giving my time to the community.