The Practical EQ Emotional Intelligence Self-Assessment

This self-assessment questionnaire is designed to get you thinking about the various competences of emotional intelligence as they apply to your life. It does not pretend to be a validated psychometric test and the answers you give might vary depending on your mood when you take it.

It is based on the five-competency model of emotional intelligence by Daniel Goleman in the book Emotional Intelligence.

How to complete the questionnaire

Complete each competency page (example below) and use the last page to chart your scores.

i. i cali expla	ain my actions:				
Almost	Rarely	Sometimes	Usually	Almost	
Never				Always	
			X		
0	1	2	3	4	3
2 Other peor	ole don't see m	ne as I see mys	elf [.]		
Almost Never	Rarely	Sometimes	Usually	Almost Always	
		X			
4	3	2	1	0	2
3 Lundersta	nd the feedbac	k that others giv	ve me.		
Almost	Rarely	Sometimes	Usually	Almost	
Never				Always	
		l			
			X		_
0	1	2	3	4	3
			3	4	3
4. I can desc Almost		2 what I am feeli Sometimes	3	Almost	3
4. I can desc	ribe accurately	what I am feeli	ng: Usually		3
4. I can desc Almost	ribe accurately	what I am feeli	ng:	Almost	3
4. I can desc Almost	ribe accurately	what I am feeli	ng: Usually	Almost	3
4. I can desc Almost Never	ribe accurately Rarely	what I am feeli Sometimes	ng: Usually	Almost Always	
4. I can desc Almost Never	ribe accurately Rarely 1 t happen in my	what I am feeli Sometimes 2	ng: Usually 3 se to me:	Almost Always	
4. I can described Almost Never 0	ribe accurately Rarely	what I am feeli Sometimes	ng: Usually	Almost Always	
4. I can described Almost Never 0 5. Things that Almost	ribe accurately Rarely 1 t happen in my	what I am feeli Sometimes 2	ng: Usually 3 se to me:	Almost Always 4	
4. I can described Almost Never 0 5. Things that Almost	ribe accurately Rarely 1 t happen in my	what I am feeli Sometimes 2	ng: Usually 3 se to me:	Almost Almost Almost Always	

Self-Awareness

1. I can expla	ain my actions:				
Almost Never	Rarely	Sometimes	Usually	Almost	
Never				Always	
0	1	2	3	4	
		<u> </u>	15		
		ne as I see mys			
Almost	Rarely	Sometimes	Usually	Almost	
Never				Always	
4	3	2	1	0	
	,	!		<u> </u>	
		k that others ga			
Almost	Rarely	Sometimes	Usually	Almost	
Never				Always	
		⊔	$ oldsymbol{\sqcup} $		
0	1	2	3	4	
	-		_	4	
4. I can desc	ribe accurately	what I am feel	ing:		
4. I can desc	-		_	Almost	
4. I can desc	ribe accurately	what I am feel	ing:		
4. I can desc	ribe accurately	what I am feel	ing:	Almost	
4. I can desc	ribe accurately	what I am feel	ing:	Almost	
4. I can desc Almost Never	ribe accurately Rarely 1	what I am feeli Sometimes	usually	Almost Always	
4. I can described Almost Never 0	ribe accurately Rarely 1	what I am feeli Sometimes 2	usually 3 se to me:	Almost Always	
4. I can desc Almost Never 0 5. Things that Almost	ribe accurately Rarely 1	what I am feeli Sometimes	usually	Almost Always 4 Almost	
4. I can described Almost Never 0	ribe accurately Rarely 1	what I am feeli Sometimes 2	usually 3 se to me:	Almost Always	
4. I can desc Almost Never 0 5. Things that Almost	ribe accurately Rarely 1	what I am feeli Sometimes 2	usually 3 se to me:	Almost Always 4 Almost	
4. I can described Almost Never 0 5. Things the Almost Never	ribe accurately Rarely 1 t happen in my Rarely	what I am feeli Sometimes 2 / life make sens Sometimes	usually 3 se to me: Usually	Almost Always 4 Almost Always	
4. I can desc Almost Never 0 5. Things that Almost	ribe accurately Rarely 1	what I am feeli Sometimes 2	ing: Usually 3 se to me: Usually	Almost Always 4 Almost	

Self-Management

1. I can stay	calm, even in d	difficult circumst	ances:		
Almost Never	Rarely	Sometimes	Usually	Almost Always	
0	1	2	3	4	
2 1 = == ==============================	(
	to outbursts o		11=11	A 1 4	
Almost Never	Rarely	Sometimes	Usually	Almost Always	
4	3	2	1	0	
3. I feel mise		·			
Almost Never	Rarely	Sometimes	Usually	Almost Always	
	ļ ,	į ,	į	I I	
4	3	2	1	0	
-			-	0	
4. I get irritate	ed by things, ot	ther people or m	nyself:		
4. I get irritate			-	Almost	
4. I get irritate	ed by things, ot	ther people or m	nyself:		
4. I get irritate	ed by things, ot	ther people or m	nyself:	Almost	
4. I get irritate	ed by things, ot	ther people or m	nyself:	Almost	
4. I get irritate Almost Never	ed by things, ot Rarely	ther people or m Sometimes	nyself: Usually 1	Almost Always	
4. I get irritate Almost Never 4 5. I get carrie	ed by things, ot Rarely 3 ed away and do	ther people or m Sometimes 2 things I regret:	nyself: Usually 1	Almost Always	
4. I get irritate Almost Never 4 5. I get carrie Almost	ed by things, ot Rarely	ther people or m Sometimes	nyself: Usually 1	Almost Always 0 Almost	
4. I get irritate Almost Never 4 5. I get carrie	ed by things, ot Rarely 3 ed away and do	ther people or m Sometimes 2 things I regret:	nyself: Usually 1	Almost Always	
4. I get irritate Almost Never 4 5. I get carrie Almost	ed by things, ot Rarely 3 ed away and do	ther people or m Sometimes 2 things I regret:	nyself: Usually 1	Almost Always 0 Almost	
4. I get irritate Almost Never 4 5. I get carrie Almost	ed by things, ot Rarely 3 ed away and do	ther people or m Sometimes 2 things I regret:	nyself: Usually 1	Almost Always 0 Almost	

Motivation

1. I am clea	r about my go	als for the futu	ıre:	
Almost Never	Rarely	Sometimes	Usually	Almost Always
0	1	2	3	4
2 My caree	r ie movina in	the right direc	tion:	
Almost	Rarely	Sometimes	Usually	Almost
Never	Naiciy	Johnson	Usuany	Always
0	1	2	3	4
O Lind it be				
setbacks:		n my enthusias		
Almost	Rarely	Sometimes	Usually	Almost
Never				Always
		•		
4	3	2	1	0
-			<u> </u>	0
4. I feel exc	ited when I thi	ink of my goals	s:	
-			<u> </u>	0 Almost Always
4. I feel exci	ited when I thi	ink of my goals	s:	Almost
4. I feel exci	ted when I thi Rarely	nk of my goals Sometimes	s: Usually	Almost
4. I feel exci	ited when I thi	ink of my goals	s:	Almost
4. I feel exci Almost Never	ited when I thi Rarely	ink of my goals Sometimes 2	s: Usually 3	Almost Always
4. I feel exci Almost Never	ited when I thi Rarely 1	Sometimes 2 ve towards my	S: Usually 3 y goals:	Almost Always
4. I feel exci Almost Never	ited when I thi Rarely	ink of my goals Sometimes 2	s: Usually 3	Almost Always
4. I feel exci Almost Never 0 5. I act cons Almost	ited when I thi Rarely 1	Sometimes 2 ve towards my	S: Usually 3 y goals:	Almost Always 4 Almost
4. I feel exci Almost Never 0 5. I act cons Almost Never	Rarely 1 sistently to mo	Sometimes 2 ve towards my Sometimes	s: Usually 3 y goals: Usually	Almost Always 4 Almost Always
4. I feel exci Almost Never 0 5. I act cons Almost	ited when I thi Rarely 1	Sometimes 2 ve towards my	S: Usually 3 y goals:	Almost Always 4 Almost Always Almost Always

Empathy

1. My collea	agues are unc	<u>ommunicative</u>	:		
Almost Never	Rarely	Sometimes	Usually	Almost Always	
4	3	2	1	0	
2. I get on v	well with each	of my work co	lleagues:		
Almost Never	Rarely	Sometimes	Usually	Almost Always	
					_
0	1	2	3	4	
3. I find it ea	asy to "read" c	ther people's	emotions:		
Almost Never	Rarely	Sometimes	Usually	Almost Always	
					_
0	1	2	3	4	
4. It's unpre	edictable how	my colleagues	will feel in ar	ny given	
Almost Never	Rarely	Sometimes	Usually	Almost Always	
	Rarely	Sometimes	Usually		
	Rarely 3	Sometimes 2	Usually 1		
Never 4 5. People c	3 hoose to work	2	1	Always 0	
Never 4	3 hoose to work	2	1	Always 0	
Almost	hoose to work	2 with me in pro	1 eference to ed	Always 0 qually- Almost	
A S. People c talented col Almost	hoose to work	2 with me in pro	1 eference to ed	Always 0 qually- Almost Always	

Relationship Management

1. i encount	er difficult ped	ople:			
Almost Never	Rarely	Sometimes	Usually	Almost Always	
4	3	2	1	0	
2. I am com	fortable talkin	g to anyone:			
Almost Never	Rarely	Sometimes	Usually	Almost Always	
0	1	2	3	4	
3 Lachieve	win/win outco	mes:			
Almost Never	Rarely	Sometimes	Usually	Almost Always	
0	1	2	3	4	
		_			
		2 nen other peop Sometimes			
4. I feel unc	omfortable wh	nen other peop	ole get emotio	onal:	
4. I feel unc	omfortable wh	nen other peop	ole get emotio	onal:	
4. I feel unc Almost Never	omfortable when Rarely	nen other peop Sometimes	ole get emotic Usually	onal: Almost Always	
4. I feel unc Almost Never	omfortable when Rarely	nen other peop Sometimes	ole get emotic Usually	onal: Almost Always	
4. I feel unc Almost Never 4 5. I get impa	omfortable where Rarely 3 attient with income	Sometimes 2 competent peop	Die get emotic Usually 1	Almost Almost Almost	