

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.

1. I can explain my actions:					
Almost Never	Rarely	Sometimes	Usually	Almost Always	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
0	1	2	3	4	3
2. Other people don't see me as I see myself:					
Almost Never	Rarely	Sometimes	Usually	Almost Always	
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
4	3	2	1	0	2
3. I understand the feedback that others give me:					
Almost Never	Rarely	Sometimes	Usually	Almost Always	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
0	1	2	3	4	3
4. I can describe accurately what I am feeling:					
Almost Never	Rarely	Sometimes	Usually	Almost Always	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
0	1	2	3	4	3
5. Things that happen in my life make sense to me:					
Almost Never	Rarely	Sometimes	Usually	Almost Always	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	
0	1	2	3	4	4
Total for Self-Awareness:					15

Self-Awareness

1. I can explain my actions:					
Almost Never	Rarely	Sometimes	Usually	Almost Always	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
0	1	2	3	4	<input type="checkbox"/>
2. Other people don't see me as I see myself:					
Almost Never	Rarely	Sometimes	Usually	Almost Always	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
4	3	2	1	0	<input type="checkbox"/>
3. I understood the feedback that others gave me:					
Almost Never	Rarely	Sometimes	Usually	Almost Always	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
0	1	2	3	4	<input type="checkbox"/>
4. I can describe accurately what I am feeling:					
Almost Never	Rarely	Sometimes	Usually	Almost Always	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
0	1	2	3	4	<input type="checkbox"/>
5. Things that happen in my life make sense to me:					
Almost Never	Rarely	Sometimes	Usually	Almost Always	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
0	1	2	3	4	<input type="checkbox"/>
Total for Self-Awareness:					<input type="checkbox"/>

Self-Management

1. I can stay calm, even in difficult circumstances:				
Almost Never	Rarely	Sometimes	Usually	Almost Always
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
0	1	2	3	4
2. I am prone to outbursts of rage:				
Almost Never	Rarely	Sometimes	Usually	Almost Always
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	3	2	1	0
3. I feel miserable:				
Almost Never	Rarely	Sometimes	Usually	Almost Always
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	3	2	1	0
4. I get irritated by things, other people or myself:				
Almost Never	Rarely	Sometimes	Usually	Almost Always
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	3	2	1	0
5. I get carried away and do things I regret:				
Almost Never	Rarely	Sometimes	Usually	Almost Always
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	3	2	1	0
Total for Self-Awareness:				

Motivation

1. I am clear about my goals for the future:					
Almost Never	Rarely	Sometimes	Usually	Almost Always	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
0	1	2	3	4	<input type="checkbox"/>
2. My career is moving in the right direction:					
Almost Never	Rarely	Sometimes	Usually	Almost Always	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
0	1	2	3	4	<input type="checkbox"/>
3. I find it hard to maintain my enthusiasm when I encounter setbacks:					
Almost Never	Rarely	Sometimes	Usually	Almost Always	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
4	3	2	1	0	<input type="checkbox"/>
4. I feel excited when I think of my goals:					
Almost Never	Rarely	Sometimes	Usually	Almost Always	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
0	1	2	3	4	<input type="checkbox"/>
5. I act consistently to move towards my goals:					
Almost Never	Rarely	Sometimes	Usually	Almost Always	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
0	1	2	3	4	<input type="checkbox"/>
Total for Self-Awareness:					<input type="checkbox"/>

Empathy

1. My colleagues are uncommunicative:					
Almost Never	Rarely	Sometimes	Usually	Almost Always	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
4	3	2	1	0	<input type="checkbox"/>
2. I get on well with each of my work colleagues:					
Almost Never	Rarely	Sometimes	Usually	Almost Always	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
0	1	2	3	4	<input type="checkbox"/>
3. I find it easy to “read” other people’s emotions:					
Almost Never	Rarely	Sometimes	Usually	Almost Always	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
0	1	2	3	4	<input type="checkbox"/>
4. It’s unpredictable how my colleagues will feel in any given situation:					
Almost Never	Rarely	Sometimes	Usually	Almost Always	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
4	3	2	1	0	<input type="checkbox"/>
5. People choose to work with me in preference to equally- talented colleagues:					
Almost Never	Rarely	Sometimes	Usually	Almost Always	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
0	1	2	3	4	<input type="checkbox"/>
					<input type="checkbox"/>
Total for Self-Awareness:					<input type="checkbox"/>

Relationship Management

1. I encounter difficult people:					
Almost Never	Rarely	Sometimes	Usually	Almost Always	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
4	3	2	1	0	<input type="checkbox"/>
2. I am comfortable talking to anyone:					
Almost Never	Rarely	Sometimes	Usually	Almost Always	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
0	1	2	3	4	<input type="checkbox"/>
3. I achieve win/win outcomes:					
Almost Never	Rarely	Sometimes	Usually	Almost Always	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
0	1	2	3	4	<input type="checkbox"/>
4. I feel uncomfortable when other people get emotional:					
Almost Never	Rarely	Sometimes	Usually	Almost Always	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
4	3	2	1	0	<input type="checkbox"/>
5. I get impatient with incompetent people:					
Almost Never	Rarely	Sometimes	Usually	Almost Always	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
4	3	2	1	0	<input type="checkbox"/>
					<input type="checkbox"/>
Total for Relationship Management:					<input type="checkbox"/>