

## Emotional Intelligence Quiz

Take this quiz to gauge your emotional intelligence: you will rate yourself on a scale from 1-5 for each question below using the following numerical evaluation (1=Not at all, 2=Rarely, 3=Sometimes, 4=Often, 5=Very Often). Record your answers (you'll need to tally your score from each answer to obtain your total).

	I am able to recognize my emotions as I experience them.
	I am patient and calm when I am overwhelmed or frustrated.
	I am a good listener.
	I know how to calm myself down when I am upset.
	I enjoy organizing groups and working within them.
	I am able to easily focus on projects and tasks.
	It is easy for me to move on when I feel frustrated or unhappy.
	I am aware of my strengths and weaknesses.
	I am able to face conflicts and negotiations head on.
	I enjoy my work and strive to contribute.
	I seek feedback and enjoy learning ways I can improve.
	I set long-term goals and I review my progress often.
	It is easy for me to read and understand others' emotions.
	I am able to build rapport with others.
	I use active listening skills when others speak to me.
	TOTAL

\*This quiz is not a validated psychometric test. Answers are likely to vary depending on your mood when you take it. It is intended to get you thinking about your EI/EQ.

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## Score 15-34

You need to work on your emotional intelligence. You may find that you feel overwhelmed by your emotions, especially in stressful situations; or you may avoid conflict because you think you'll find it distressing. It's also likely that you find it hard to calm down after you've felt upset, and you may struggle to build strong working relationships. Don't worry, there are plenty of ways that you can build your emotional intelligence starting now.

## Score 35-55

Your emotional intelligence level is...OK. You probably have good relationships with some of your colleagues, but others may be more difficult to work with. The good news is you have a great opportunity to improve your working relationships significantly.

## Score 56-75

Your emotional intelligence is great--you're an emotionally intelligence person. You have excellent relationships and you probably find that people approach you for advice. However, when so many people admire your people skills, it's easy to lose sight of your own needs.