Emotional Intelligence Test

Name: Kezia Peterson	Date: March 10, 2023

Instructions: Please read each statement and select the most appropriate response to indicate how frequently you experience the behavior described in the statement. There are no right or wrong answers, and please answer as honestly as possible.

Statements	Never	Rarely	Sometimes	Often	Always
Self-awareness				**Score:**	19
1. I am aware of my emotions as they arise.	○	○	○	◉	○
2. I am aware of how my emotions impact my behavior and decision-making.	○	○	○	◉	○
3. I have a good sense of my own abilities and limitations.	○	○	◉	○	○
4. I am aware of my own emotional triggers.	○	○	○	◉	○
5. I am aware of how others perceive me.	○	○	○	◉	○
Managing emotions				**Score:**	14
6. I am able to stay focused and think clearly even when experiencing powerful emotions.	○	○	◉	○	○
7. I am able to manage stress in healthy ways.	○	○	◉	○	○
8. I am able to bounce back quickly after setbacks.	○	○	◉	○	○
9. I am able to calm myself down when I feel anxious or upset.	○	○	◉	○	○
10. I am able to control my temper and avoid saying or doing things I later regret.	○	◉	○	○	○
Motivating oneself				**Score:**	16
11. I am able to regulate my own emotions to stay focused on my goals.	○	○	◉	○	○
12. I am able to use my emotions to motivate myself towards my goals.	○	○	◉	○	○
13. I am able to stay motivated even when faced with obstacles and setbacks.	○	○	◉	○	○
14. I am able to delay gratification in pursuit of my goals.	○	○	○	◉	○
15. I am able to stay optimistic in the face of challenges.	○	○	◉	○	○
Empathy				**Score:**	20
16. I am able to establish a sense of trust with others.	○	○	○	◉	○
17. I am able to express empathy in a way that feels genuine to others.	○	○	○	◉	○
18. I am able to respond appropriately to the emotions of others.	○	○	○	◉	○
19. I am able to understand the perspective of others.	○	○	○	◉	○
20. I am able to sense the emotions of others.	○	○	○	○	○

Emotional Intelligence Test To Print

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