

How Emotionally Intelligent Are You?

Please read and respond to each of the 15 statements below. After reading each statement, circle the number in the column that you feel resonates with that statement. The choices range from not at all to very often. Once you have responded to all 15 statements, total your score for each column and then combine them all to get your total score.

| 15 Statements to Answer | Not at all | Rarely | Sometimes | Often | Very Often |
|---|---------------|--------|-----------|-------|---------------|
| 1. I can recognize my emotions as I experience them. | 1 | 2 | 3 | 4 | 5 |
| 2. I lose my temper when I feel frustrated. | 5 | 4 | 3 | 2 | 1 |
| 3. People have told me that I'm a good listener. | 1 | 2 | 3 | 4 | 5 |
| 4. I know how to calm myself down when I feel anxious or upset. | 1 | 2 | 3 | 4 | 5 |
| 5. I enjoy organizing groups. | 1 | 2 | 3 | 4 | 5 |
| 6. I find it hard to focus on something over the long term. | 5 | 4 | 3 | 2 | 1 |
| 7. I know my strengths and weaknesses. | 1 | 2 | 3 | 4 | 5 |
| 8. I avoid conflict and negotiations. | 5 | 4 | 3 | 2 | 1 |
| 9. I feel that I don't enjoy my work. | 5 | 4 | 3 | 2 | 1 |
| 10. I ask people for feedback on what I do well, and how I can improve. | 1 | 2 | 3 | 4 | 5 |
| 11. I set long-term goals and review my progress regularly. | 1 | 2 | 3 | 4 | 5 |
| 12. I find it difficult to read other people's emotions. | 5 | 4 | 3 | 2 | 1 |
| 13. I struggle to build rapport with others. | 5 | 4 | 3 | 2 | 1 |
| 14. I find it difficult to move on when I feel frustrated or unhappy. | 5 | 4 | 3 | 2 | 1 |
| 15. I use active listening skills when people speak to me. | 1 | 2 | 3 | 4 | 5 |
| Column Scores: | | | | | |
| Total Score: | | | | | |



Dealing with Negative Events

Identify two negative events that occurred at work which triggered emotional responses of you being upset or angry. For each negative event, briefly describe what happened, how you felt—and why you felt that way.

Negative Event #1:

What were the “triggers” for the negative emotions you felt?

Negative Event #2:

What were the “triggers” for the negative emotions you felt?
