



## Emotional Intelligence: Where do you see yourself?

Emotional intelligence (or EQ) is the skill of understanding and managing your emotions and understanding the emotions of those around you. People who perceive emotions accurately in themselves and in others can better understand difficult interactions. You can practice developing your emotional intelligence in any situation in which you have human contact.

There are a number of sophisticated scales and surveys that are used to assess emotional intelligence. However, for our purposes, we simply need to get a picture of what we believe to be our strengths and challenges.

For each area of emotional intelligence, place an X where you feel you rank. Here, 1 is none or not at all; 5 is high, or very much. For example, under assertiveness, if you mark #2, it means you have little assertiveness or lack the ability to effectively and constructively express yourself and/or your emotions.

### 1) INTRAPERSONAL. Self-awareness and Self-expression

	1 (none or not at all)	2	3	4	5 (very much or high)
<b>Self-Regard:</b> To accurately perceive, understand and accept oneself					
<b>Emotional Self-Awareness:</b> To be aware of and understand one's emotions					
<b>Assertiveness:</b> To effectively and constructively express one's emotions and oneself					
<b>Independence:</b> To be self-reliant and free of emotional dependency on others					
<b>Self-Actualization:</b> To strive to achieve personal goals and actualize one's potential					

### 2) INTERPERSONAL. Social Awareness and Interpersonal Relationships

	1 (none or not at all)	2	3	4	5 (very much or high)
<b>Empathy.</b> To be aware of and understand how others feel					
<b>Social Responsibility:</b> To identify with one's social group and cooperate with others					
<b>Interpersonal Relationship:</b> To establish mutually satisfying relationships and relate well with others					

### 3) STRESS MANAGEMENT. Emotional Management and Regulation

	1 (none or not at all)	2	3	4	5 (very much or high)
<b>Stress Tolerance:</b> To effectively and constructively manage emotions					
<b>Impulse Control:</b> To effectively and constructively control emotions					

### 4) ADAPTABILITY. Change Management

	1 (none or not at all)	2	3	4	5 (very much or high)
<b>Reality-Testing:</b> To objectively validate one's feelings and thinking with external reality					
<b>Flexibility:</b> To adapt and adjust one's feelings and thinking to new situations					
<b>Problem-Solving:</b> To effectively solve problems of a personal and interpersonal nature					

### 5) GENERAL MOOD. Self-Motivation

	1 (none or not at all)	2	3	4	5 (very much or high)
<b>Optimism:</b> To be positive and look at the brighter side of life					
<b>Happiness:</b> To feel content with oneself, others and life in general					