

Quick Emotional Intelligence Self-Assessment

Rate yourself 1-5 on the following statements below:

(1 Disagree, 2 Somewhat Disagree, 3 Neutral, 4 Agree, 5 Strongly Agree)

1. I understand what I am motivated by intrinsically and extrinsically
2. I am able to recognize my emotions at the moment I experience them
3. I have a robust emotional vocabulary beyond mad, sad, happy etc.
4. I am able to control impulses and display emotions in a socially appropriate manner
5. I am able to regulate unpleasant emotions in order to be productive
6. I strive to understand the feelings and perspectives of others
7. I understand how other people's experiences affect their feelings, thoughts, and behavior
8. I seek to understand the motivations of others
9. I listen without interrupting or thinking about what I will say next
10. I actively seek to understand my own thoughts and feelings and solicit feedback from others