

## EQ SELF-ASSESSMENT CHECKLIST

*Rate each question below on a scale of 1-5, according to how true it is of you.*

	1	2	3	4	5
	Never	rarely	sometimes	mostly	always
___	1)	I am aware of the physical reactions (twinges, aches, sudden changes) that signal a 'gut reaction'.			
___	2)	I readily admit mistakes and apologize.			
___	3)	I let go of problems, anger, or hurt from the past and I can move beyond them.			
___	4)	I generally have an accurate idea of how another person perceives me during a particular interaction.			
___	5)	I have several important things in my life that I am enthusiastic about, and I let it show.			
___	6)	I can easily meet and initiate conversation with new people when I have to.			
___	7)	I take a break or use another active method of increasing energy when I sense my energy level is getting low.			
___	8)	I have little trouble taking prudent risks.			
___	9)	I 'open up' with people appropriately – not too much, but enough so that I don't come across as cold or distant.			
___	10)	I can engage in an interaction with another person and assess their mood based on non-verbal signals.			
___	11)	I see that others are usually feeling inspired and encouraged after talking to me.			
___	12)	I have no trouble making presentations in front of groups or conducting meetings.			
___	13)	I take time every day for quiet reflection.			
___	14)	I take initiative and move ahead on tasks that need to be done.			
___	15)	I refrain from making up my mind on issues and expressing my opinion until I have all of the pertinent facts.			
___	16)	I have a number of people that I can turn to, and I ask for their help when I need it.			
___	17)	I try to find the positive in any given situation.			
___	18)	I can deal calmly, sensitively, and proactively with the emotional displays of others.			

- \_\_\_ 19) I can usually identify the emotion I am feeling at any given moment.
- \_\_\_ 20) I am generally comfortable in new situations.
- \_\_\_ 21) I neither bury my anger nor let it explode onto others.
- \_\_\_ 22) I can show empathy and match my feelings with those of another person during an interaction.
- \_\_\_ 23) I can push ahead on a big project despite unforeseen obstacles.
- \_\_\_ 24) I am respected and liked by others, even when they don't agree with me.
- \_\_\_ 25) I am clear in regard to my own goals and values.
- \_\_\_ 26) I express my viewpoint honestly and thoughtfully, without being pushy or critical.
- \_\_\_ 27) I am adept at managing my moods, and seldom bring negative emotions to work.
- \_\_\_ 28) I focus my full attention on others when I listen to them.
- \_\_\_ 29) I believe the work I do day-to-day has meaning and value to society.
- \_\_\_ 30) I can effectively persuade others to adopt my point of view without coercing them.

**Scoring the Self-Assessment Checklist**

*Enter your rating for each numbered question in the category where it appears, then add the ratings for each category to obtain a total for that facet of EQ.*

**Self-Awareness:**

- 1 \_\_\_\_\_
- 7 \_\_\_\_\_
- 13 \_\_\_\_\_
- 19 \_\_\_\_\_
- 25 \_\_\_\_\_
- Total** \_\_\_\_\_

**Empathy:**

- 4 \_\_\_\_\_
- 10 \_\_\_\_\_
- 16 \_\_\_\_\_
- 22 \_\_\_\_\_
- 28 \_\_\_\_\_
- Total** \_\_\_\_\_

**Motivation:**

- 5 \_\_\_\_\_
- 11 \_\_\_\_\_
- 17 \_\_\_\_\_
- 23 \_\_\_\_\_
- 29 \_\_\_\_\_
- Total** \_\_\_\_\_

**Self-Confidence:**

- 2 \_\_\_\_\_
- 8 \_\_\_\_\_
- 14 \_\_\_\_\_
- 20 \_\_\_\_\_
- 26 \_\_\_\_\_
- Total** \_\_\_\_\_

**Self-Control:**

- 3 \_\_\_\_\_
- 9 \_\_\_\_\_
- 15 \_\_\_\_\_
- 21 \_\_\_\_\_
- 27 \_\_\_\_\_
- Total** \_\_\_\_\_

**Social Competency:**

- 6 \_\_\_\_\_
- 12 \_\_\_\_\_
- 18 \_\_\_\_\_
- 24 \_\_\_\_\_
- 30 \_\_\_\_\_
- Total** \_\_\_\_\_