

## 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 \_\_\_\_\_