Quietspace

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.

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1	2	3	4	5		
(none or				(very much		
not at all)				or high)		
	1 (none or	1 2 (none or	1 2 3 (none or	1 2 3 4 (none or 2		

1) INTRAPERSONAL. Self-awareness and Self-expression

2) INTERPERSONAL. Social Awareness and Interpersonal Relationships

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

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

3) STRESS MANAGEMENT. Emotional Management and Regulation

4) ADAPTABILITY. Change Management

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

5) GENERAL MOOD. Self-Motivation

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