

Assessment for How you Respond to Jerks

This survey is designed to give you an opportunity to assess how you typically respond to jerks in certain situations. This is not intended as a psychological inventory...just a thinking exercise.

Please read each question and select 1-5, based on your immediate response to the item. Write the number (High is 5, Low is 1).

5	4	3	2	1
Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree

- ___ 1. I react to negative people, situations or uncomfortable conversations.
- ___ 2. I always admit my mistakes or downfalls. I always apologize for my actions.
- ___ 3. I am able to move forward easily in life even when my feelings are hurt, something bothers me, or when I encounter problems.
- ___ 4. I am aware of other people's perceptions of me.
- ___ 5. I am an enthusiastic person when I care about something.
- ___ 6. I easily fit into new groups or situations.
- ___ 7. I recognize when I reach a point when I need to relax or take a break.
- ___ 8. I am a careful risk-taker.
- ___ 9. I am open to new ideas and new opportunities.
- ___ 10. I am good at reading other people.
- ___ 11. I am able to encourage or inspire others.
- ___ 12. I like to speak before groups...large or small.
- ___ 13. I always allow myself time for relaxation.
- ___ 14. I collect facts and then I make decisions.
- ___ 15. I can depend on several people when I need help.
- ___ 16. I look for the good in every situation I encounter.

___ 17. I usually deal with unsettling situations (and emotionally upset people) with a positive spirit.

___ 18. I recognize my own emotional intelligence.

___ 19. I embrace new situations and new people.

___ 20. I am usually very good at controlling by anger.

___ 21. I am an empathetic person.

___ 22. I look at barriers and challenges as opportunities.

___ 23. Although others may not always agree with me, they respect me for my opinions.

___ 24. I have clear goals and values.

___ 25. I am very good at expressing my opinions and views openly and honestly.

___ 26. I am a good listener...I pay attention when others are speaking to me.

___ 27. The work I do, day-to-day, is very important to me.

___ 28. I am able to convince others that my opinions or ideas have value, without being pushy.

Add the points and enter on the line below. You may determine where you stand on Emotional Intelligence. You may fall into the following categories:

YOUR SCORE: _____ Place your score beside the range that fits you.

___ **5-12 = Low EI**

___ **13-20 = Moderate EI**

___ **21-30 = Above Average**

___ **30-41 = High EI**

___ **41 and higher = Very High EI**

This survey was adapted from Emily A. Sterrett, Ph.D., in *The Manager's Pocket Guide to Emotional Intelligence*, 2000, HRD Press, Amherst, MA.

You may find more information in her book or at the Consortium for Research on Emotional Intelligence in Organizations website <http://www.eiconsortium.org>

