

The Quick Emotional Intelligence Self-Assessment

Rank each statement as follows:

0 (Never)	1 (Rarely)	2 (Sometimes)	3 (Often)	4 (Always)
Emotional Awareness – Total :				
0 1 2 3 4	My feelings are clear to me at any given moment.			
0 1 2 3 4	Emotions play an important part in my life.			
0 1 2 3 4	My moods impact the people around me.			
0 1 2 3 4	I find it easy to put words to my feelings.			
0 1 2 3 4	My moods are easily affected by external events.			
0 1 2 3 4	I can easily sense when I am going to be angry.			
0 1 2 3 4	I readily tell others my true feelings.			
0 1 2 3 4	I find it easy to describe my feelings.			
0 1 2 3 4	Even when I am upset, I am aware of what is happening to me.			
0 1 2 3 4	I am able to stand apart from my thoughts and feelings and examine them.			

Emotional Management – Total :				
0 1 2 3 4	I accept responsibility for my actions.			
0 1 2 3 4	I find it easy to make goals and stick with them.			
0 1 2 3 4	I am an emotionally balanced person.			
0 1 2 3 4	I am a very patient person.			
0 1 2 3 4	I can accept critical comments from others without becoming angry.			
0 1 2 3 4	I maintain my composure, even during stressful times.			
0 1 2 3 4	If an issue does not affect me directly, I do not let it bother me.			
0 1 2 3 4	I can restrain myself when I feel anger toward someone.			
0 1 2 3 4	I control my urges to overindulge in things that could damage my well being.			
0 1 2 3 4	I direct my energy into creative work or hobbies.			

Social Emotional Awareness – Total :				
0 1 2 3 4	I consider the impact of my decisions on other people.			
0 1 2 3 4	I can easily tell if people around me are becoming annoyed.			
0 1 2 3 4	I sense when a person's mood changes.			
0 1 2 3 4	I am able to be supportive when giving bad news to others.			
0 1 2 3 4	I am generally able to understand the way other people feel.			
0 1 2 3 4	My friends can tell me intimate things about themselves.			
0 1 2 3 4	It genuinely bothers me to see other people suffer.			
0 1 2 3 4	I usually know when to speak and when to be silent.			
0 1 2 3 4	I care what happens to other people.			
0 1 2 3 4	I understand when other people's plans change.			

Relationship Management – Total :					
0	1	2	3	4	I am able to show affection.
0	1	2	3	4	My relationships are safe places for me.
0	1	2	3	4	I find it easy to share my deep feelings with others.
0	1	2	3	4	I am good at motivating others.
0	1	2	3	4	I am a fairly cheerful person.
0	1	2	3	4	It is easy for me to make friends.
0	1	2	3	4	People tell me I am sociable and fun.
0	1	2	3	4	I like helping people.
0	1	2	3	4	Others can depend on me.
0	1	2	3	4	I am able to talk someone down if they are very upset.

Domain		Score
Emotional Awareness		
Emotional Management		
Social Emotional Awareness		
Relationship Management		
Measure your own effectiveness in each domain by using the following key:		
0-24		Area for Enrichment: Requires attention and development
25-34		Effective Functioning: Consider strengthening
35-40		Enhanced skills: Use as leverage to develop weaknesses

*Adapted for the San Diego City College MESA Program