Emotional Intelligence Scale

Name: _____ **Date:** _____ dd / mm / yyyy

Instructions: Indicate the extent to which each item applies to you using the following scale: 1 = strongly disagree, 2 = disagree, 3 = neither disagree nor agree, 4 = agree, 5 = strongly agree

I know when to speak about my personal problems to others.

○ ○ ○ ○ ○
1 2 3 4 5

When I am faced with obstacles, I remember times I faced similar obstacles and overcame them.

○ ○ ○ ○ ○
1 2 3 4 5

I expect that I will do well in most things I try.

○ ○ ○ ○ ○
1 2 3 4 5

Other people find it easy to confide in me.

○ ○ ○ ○ ○
1 2 3 4 5

I find it hard to understand the nonverbal messages of other people.

○ ○ ○ ○ ○
1 2 3 4 5

Some of the major events of my life have led me to re-evaluate what is important and not important.

○ ○ ○ ○ ○
1 2 3 4 5

When my mood changes, I see new possibilities.

○ ○ ○ ○ ○
1 2 3 4 5

Emotions are some of the things that make my life worth living.

○ ○ ○ ○ ○
1 2 3 4 5

I am aware of my emotions as I experience them.

○ ○ ○ ○ ○
1 2 3 4 5

I expect good things to happen.

○ ○ ○ ○ ○
1 2 3 4 5

I like to share my emotions with others.

○ ○ ○ ○ ○
1 2 3 4 5

When I experience a positive emotion, I know how to make it last.

○ ○ ○ ○ ○
1 2 3 4 5

I arrange events others enjoy.

○ ○ ○ ○ ○
1 2 3 4 5

I seek out activities that make me happy.

1 2 3 4 5

I am aware of the nonverbal messages I send to others.

1 2 3 4 5

I present myself in a way that makes a good impression on others.

1 2 3 4 5

When I am in a positive mood, solving problems is easy for me.

1 2 3 4 5

By looking at their facial expressions, I recognize the emotions people are experiencing.

1 2 3 4 5

I know why my emotions change.

1 2 3 4 5

When I am in a positive mood, I am able to come up with new ideas.

1 2 3 4 5

I have control over my emotions.

1 2 3 4 5

I easily recognize my emotions as I experience them.

1 2 3 4 5

I motivate myself by imagining a good outcome to tasks I take on.

1 2 3 4 5

I compliment others when they have done something well.

1 2 3 4 5

I am aware of the nonverbal messages other people send.

1 2 3 4 5

When another person tells me about an important event in his or her life, I almost feel as though I have experienced this event myself.

1 2 3 4 5

When I feel a change in emotions, I tend to come up with new ideas.

1 2 3 4 5

When I am faced with a challenge, I give up because I believe I will fail.

1 2 3 4 5

I know what other people are feeling just by looking at them.



I help other people feel better when they are down.



I use good moods to help myself keep trying in the face of obstacles.



I can tell how people are feeling by listening to the tone of their voice.



It is difficult for me to understand why people feel the way they do.

