

Emotional Intelligence Test

Name: _____

Please read each statement and select the most appropriate response to indicate how frequently you experience the behavior described in the statement. There are no right or wrong answers, and please answer as honestly as possible.

SELF-AWARENESS

1. I am aware of my emotions as they arise.

1 2 3 4 5

2. I am aware of how my emotions impact my behavior and decision-making.

1 2 3 4 5

3. I have a good sense of my own abilities and limitations.

1 2 3 4 5

4. I am aware of my own emotional triggers.

1 2 3 4 5

5. I am aware of how others perceive me.

1 2 3 4 5

Score: _____

MANAGING EMOTIONS

6. I am able to stay focused and think clearly even when experiencing powerful emotions.

1 2 3 4 5

7. I am able to manage stress in healthy ways.

1 2 3 4 5

8. I am able to bounce back quickly after setbacks.

1 2 3 4 5

9. I am able to calm myself down when I feel anxious or upset.

1 2 3 4 5

10. I am able to control my temper and avoid saying or doing things I later regret.

1 2 3 4 5

Score: _____

MOTIVATING ONESELF

11. I am able to regulate my own emotions to stay focused on my goals.

1 2 3 4 5

12. I am able to use my emotions to motivate myself towards my goals.

1 2 3 4 5

13. I am able to stay motivated even when faced with obstacles and setbacks.

1 2 3 4 5

14. I am able to delay gratification in pursuit of my goals.

1 2 3 4 5

15. I am able to stay optimistic in the face of challenges.

1 2 3 4 5

Score: _____

EMPATHY

16. I am able to establish a sense of trust with others.

1 2 3 4 5

17. I am able to express empathy in a way that feels genuine to others.

1 2 3 4 5

18. I am able to respond appropriately to the emotions of others.

1 2 3 4 5

19. I am able to understand the perspective of others.

1 2 3 4 5

20. I am able to sense the emotions of others.

1 2 3 4 5

Score: _____

SOCIAL SKILLS

21. I am able to adapt to different social situations and contexts.

1 2 3 4 5

22. I am able to work effectively in a team.

1 2 3 4 5

23. I am able to influence and inspire others in a positive way.

1 2 3 4 5

24. I am able to handle conflict and disagreements in a constructive manner.

1 2 3 4 5

25. I am able to effectively communicate my own emotions to others.

1 2 3 4 5

Score: _____

After completing the Emotional Intelligence test, please add up your scores for each question and record your total score in the space provided below. 1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Always

Total score: _____

0-25 Low emotional intelligence 26-50 Moderate emotional intelligence 51-75 High emotional intelligence 76-100 Very High Emotional Intelligence
A low score indicates that you may struggle with managing your emotions and understanding others' emotions. This can lead to difficulties in relationships and communication. However, having a moderate or high score does not mean that you have perfect emotional intelligence. It simply means that you have a good starting point and can continue to work on improving in this area.

Indicate the total score and interpretation for each domain below:

Self-awareness:

Managing emotions:

Motivating oneself:

Empathy:

Social skills:

Disclaimer: This test is intended for educational and informational purposes only and is not a substitute for professional advice or diagnosis. If you have concerns about your emotional intelligence, please speak with a qualified mental health professional.

Notes - Specify below:
