

GOT EQ?

Take this quick assessment and gain insight into your emotional intelligence quotient. Read the following statements and determine, using the scale at right, how true each statement is for you. For best results, don't overthink each statement. And, respond to each statement based on how you believe you genuinely are, not how you would like to be or think you ought to be.

SCALE

- 1 = Never true for me
- 2 = Rarely true for me
- 3 = Sometimes true for me
- 4 = Often true for me
- 5 = Always true for me

Rate Each Statement 1-5

1. My feelings are clear to me at any given moment. _____
2. It is easy to put my feelings into words, even if only in my head. _____
3. I can easily differentiate between similar feelings such as anger, frustration, and confusion. _____
4. I find it easy to describe my feelings. _____
5. I can readily sense when I am going to be angry (or any other emotion.) _____

6. I recognize the role my emotions play in my decision-making and other behaviors. _____
7. Even when I am upset, I am aware of what is going on around me and how my behavior impacts the situation. _____
8. I can readily sense my emotions from the signals my body sends me. _____
9. If an issue is completely out of my span of control or influence, I try to limit the amount of emotional energy I expend toward it. _____
10. I am aware of my personal "hot buttons" or areas of "hyper-sensitivity." _____

11. I accept responsibility for how I feel instead of blaming others. _____
12. I don't let the behaviors of others dictate how I behave. _____
13. I can stay calm even when everyone around me is angry, upset, or agitated. _____
14. External events like the weather, the political climate, or other people don't greatly influence my mood at any given moment. _____
15. I have (and consistently use) tools to pull myself out of a bad mood or keep myself out of one in the first place. _____

16. I have (and consistently use) tools for helping me think before I speak. _____
17. I rarely interrupt others or try to finish their sentences. _____
18. Friends, family, and colleagues find it easy to confide in me about important issues. _____
19. I have (and use) assertive communication skills to express (not suppress) how I feel without being disagreeable or letting my emotions hijack the conversation. _____
20. I can easily "read" the emotions of others. _____

SCORING YOUR EQ ASSESSMENT

Total the scores you gave yourself:

- QUESTIONS 1-5** _____ This is your “identify” score and reflects your ability to identify your emotions as you experience them.
- QUESTIONS 6-10** _____ This is your “understand” score and reflects your ability to understand the origins of your emotions.
- QUESTIONS 11-15** _____ This is your “manage” score and reflects your ability to manage your emotions and emotional displays.
- QUESTIONS 16-20** _____ This is your “use” score and it reflects your ability to use your EQ in interactions.

GRAND TOTAL _____ This is your overall EQ Score.

SCORE

85-100 = Exceptional EQ!

70-84 = Strong EQ

55-69 = Opportunity to Improve Exists

54 or lower = Prioritize Improving Your EQ

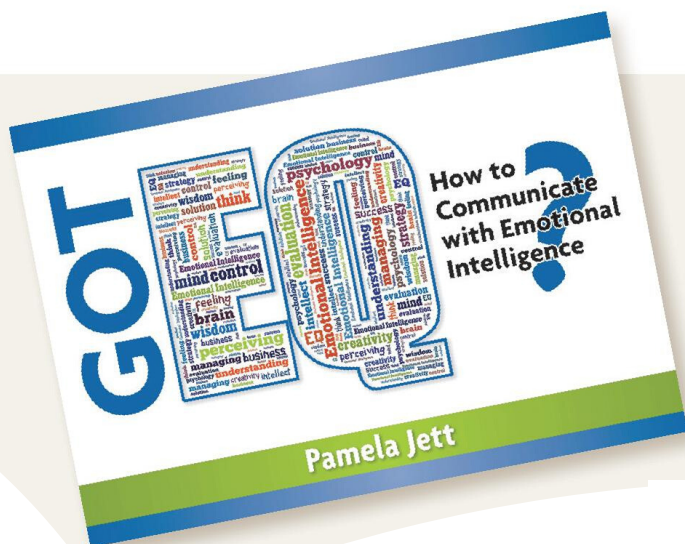
In which area is your score the highest?

How can you leverage that strength at work? At home?

In which area is your score the lowest?

How might that be impacting your success at work? At home?

What are your “next steps” for improving this area?



Got EQ?

How to Communicate with Emotional Intelligence

Want to be a better leader? Employee? Colleague? Friend? Family member? If so, this book is for you. Loaded with easy-to-implement tips to help you understand and enhance your emotional intelligence, this book holds the secrets to your unlimited success.

Available at PamelaJett.com.

To bring Pamela to your organization, association or event:
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*Pamela***JETT** CSP
relentlessly positive