EQ SELF-ASSESSMENT CHECKLIST

Adapted from the Manager's Pocket Guide to Emotional Intelligence by Emily A. Sterrett, Ph.D.

Rate each question below on a scale of 1-5, according to how true it is of you.

Rating 1-5	#	Question
	1.	I am aware of the physical reactions (twinges, aches, sudden changes) that signal a "gut reaction."
	2.	I readily admit mistakes and apologize
	3.	I let go of problems, anger, or hurts from the past and I can move beyond these.
	4.	I generally have an accurate idea of how another person perceives me during a particular interaction.
	5.	I have several important things in my life that I am enthusiastic about, and I let it show.
	6.	I can easily meet and initiate conversation with new people when I have to.
	7.	I take a break or use another active method of increasing energy when I sense that my energy level is getting low.
	8.	I have little trouble taking prudent risks.
	9.	I "open up" with people appropriately - not too much but enough so that I don't come across as cold and distant.
	10.	I can engage in an interaction with another and pretty well size-up that person's mood based on non-verbal signals.
	11.	Others usually feel inspired and encouraged after talking to me.
	12.	I have no trouble making presentations in front of groups or conducting meetings.
	13.	I take time every day for quiet reflection.
	14.	I take initiative and move ahead on tasks that need to be done.
	15.	I refrain from making up my mind on issues and expressing my opinion until I have all the facts.
	16.	I have a number of people I can turn to, and I ask for their help when I need it.
	17.	I try to find the positive in any given situation.
	18.	I can deal calmly, sensitively, and proactively with the emotional displays of others.
	19.	I can usually identify the emotion I am feeling at any given moment
	20.	I am generally comfortable in new situations.
	21.	I neither bury my anger nor let it explode on others.
	22.	I can show empathy and match my feelings with those of another person in an interaction.
	23.	I can keep going on a big project, despite obstacles.

24.	I am respected and liked by others, even when they don't agree with me	
25.	. I am clear about my own goals and values.	
26.	I express my views honestly and thoughtfully, without being pushy.	
27.	I am good at managing my moods, and I seldom bring negative emotions to work.	
28.	I focus my full attention on another person when I listen to them.	
29.	I believe the work I do day-to-day has meaning and value to society.	
30.	I can effectively persuade others to adopt my point of view without coercing them	

Scoring the Self-Assessment

- Enter your ratings for each numbered question in the category where it appears.
- Add the ratings for each category to obtain a total for that specific facet of EQ.

Self Awareness	Empathy
1	4
7	10
13	16
19	22
25	28
Total Score	Total Score
Self-Confidence	Motivation
2	5
8	11
14	17
20	23
26	29
Total Score	Total Score
Self-Control	Social Competency
3	6
9	12
15	18
21	24
27	30
Total Score	Total Score