

Emotional Intelligence Quiz

Below are the behavioral habits of emotional intelligence. As you read these, rate yourself on each habit that you practice:

always?	usually?	sometimes?	seldom?	almost never?
5 points	4 points	3 points	2 points	1 points

	Behavioral habit
1.	In all circumstances I respect other people and their feelings
2.	I can easily identify my feelings.
3.	I take responsibility for own emotions
4.	I can maintain control of my emotions
5.	I find it easy to validate others' feelings and values
6.	I do not rush to judge or label other people and situations
7.	I do not try to manipulate, criticize, blame or overpower others
8.	I constantly challenge my habitual responses, and am willing to try considered alternatives
9.	I live in the present, learn from experiences, and do not carry negative feelings forward

Scoring:

- 40-45 = High level of emotional maturity, awareness and control. You have a positive and inspiring impact on others.
- 35-39 = Higher than average level of emotional intelligence. Concentrate on self-awareness and control, empathy for others.
- 27-35 = You have a base line awareness of what emotional intelligence is. Be alert for opportunities to increase awareness and empathy toward others, and to refine responses.
- 9-26 = Now that you're aware of emotional intelligence, monitor your emotions and their impact on your behavior impacts others and get feedback on how to modify behavior which has a negative impact on others.