ASSESS YOURSELF

EI QUESTIONNAIRE

Complete the questionnaire below, and then score your results. Remember, emotional intelligence is still a work in progress, and such scores are suggestive rather than scientifically precise.

		Strongly agree	Agree	Neutral	Disagree	Strongly disagree	SCORE
1	I am always fully aware of my emotions and the effect they have on me and others.	5	4	3	2	1	5
2	I am not very good at knowing my strengths and limits.	1	2	3	4	5	3
3	I have a strong sense of my self-worth and capabilities.	5	4	3	2	1	4
4	I am good at keeping disruptive emotions and impulses in check.	5	4	3	2	1	2
5	My standards of honesty and integrity are not as high as they could be.	1	2	3	4	5	3
6	I always take complete responsibility for my personal performance in my life.	5	4	3	2	1	4
7	I am not very flexible when confronted with change.	1	2	3	4	5	4
8	New ideas and approaches to things and new information make me uncomfortable.	1	2	3	4	5	4
9	I always strive to improve or to meet a standard of excellence.	5	4	3	2	1	3
10	My personal goals are usually the same as those of my group or organisation.	5	4	3	2	1	2
11	I get stressed if I take initiatives or act on opportunities.	1	2	3	4	5	3
12	If I meet obstacles when pursuing goals, I find it easier just to give up.	1	2	3	4	5	3
13	I am good at sensing the feelings and perspectives of other people.	5	4	3	2	1	4
14	I am not very good at working out when others need professional development.	1	2	3	4	5	4
15	I am good at anticipating, recognising and meeting the needs of our customers.	5	4	3	2	1	3
16	When I meet people different from me, I regard this as an opportunity, not a problem.	5	4	3	2	1	4

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		Strongly agree	Agree	Neutral	Disagree	Strongly disagree	SCO
17	I am hopeless at reading the emotional currents and power relations in groups.	1	2	3	4	5	3
18	I am good at influencing and persuading people.	5	4	3	2	1	4
19	I am not a good listener, and am also not good at sending convincing messages.	1	2	3	4	5	1
20	I have had some success as a negotiator and in resolving disagreements.	5	4	3	2	1	2
21	I don't think I could inspire or guide any individual or group.	1	2	3	4	5	4
22	I am quite comfortable when I need to initiate or manage change.	5	4	3	2	1	2
23	I am good at building relationships with people in professional settings.	5	4	3	2	1	3
24	I am not very good at working with others towards shared goals.	1	2	3	4	5	4
25	I can work as a team player, and can help others do the same.	5	4	3	2	1	5
TOTAL SCORE							

This score ...	suggests you may have ...
101–125	Excellent EI
76–100 83	Good EI
51–75	Average EI
26–50	Weak EI
0–24	Very weak EI

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