

Trait Emotional Intelligence - Adolescent Short Form



About this survey

Based on the Trait Emotional Intelligence Theory, the Trait Emotional Intelligence Questionnaire is a significant part of research in emotional intelligence (EI). The questionnaire comprises 30 short statements, two for each of the 15 trait Emotional intelligence (EI) facets, designed to measure global trait EI. See the content of this questionnaire by clicking "Preview".

This survey contains dimensions known as "sub-scales" or domains: Overall Score, Emotional Regulation, Adaptability, Emotional Expression, Emotional Perception, Self Motivation, SelfEsteem, Impulsiveness, Peer Relations, Affected Disposition .

1.1 It's easy for me to talk about my feelings to other people

1 - Disagree

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7 - Agree

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2.1 I often find it hard to see things from someone else's point of view

1 - Disagree

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7 - Agree

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3.1 I'm a very motivated person.

1 - Disagree

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7 - Agree

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4.1 I find it hard to control my feelings

1 - Disagree

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7 - Agree

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5.1 My life is not enjoyable

1 - Disagree

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7 - Agree

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6.1 I'm good at getting along with my classmates

1 - Disagree

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7 - Agree ☐

7.1 I change my mind often

1 - Disagree ☐

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7 - Agree ☐

8.1 I find it hard to know exactly what emotion I'm feeling

1 - Disagree ☐

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7 - Agree ☐

9.1 I'm comfortable with the way I look

1 - Disagree ☐

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7 - Agree

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10.1 I find it hard to stand up for my rights

1 - Disagree

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7 - Agree

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11.1 I can make other people feel better when I want to

1 - Disagree

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7 - Agree

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12.1 Sometimes, I think my whole life is going to be miserable

1 - Disagree

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7 - Agree

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13.1 Sometimes, others complain that I treat them badly

1 - Disagree

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7 - Agree

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14.1 I find it hard to cope when things change in my life

1 - Disagree

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7 - Agree

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15.1 I'm able to deal with stress

1 - Disagree

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7 - Agree

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16.1 I don't know how to show the people close to me that I care about them

1 - Disagree

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7 - Agree

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17.1 I'm able to "Get into someone's shoes" and feel their emotions

1 - Disagree

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7 - Agree

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18.1 I find it hard to keep myself motivated

1 - Disagree

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7 - Agree

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19.1 I can control my anger when I want to

1 - Disagree

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7 - Agree

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20.1 I'm happy with my life

1 - Disagree

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7 - Agree

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21.1 I would describe myself as a good negotiator

1 - Disagree

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7 - Agree

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22.1 Sometimes, I get involved in things I later wish I could get out of

1 - Disagree

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7 - Agree

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23.1 I pay a lot of attention to my feelings

1 - Disagree

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7 - Agree

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24.1 I feel good about myself

1 - Disagree

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7 - Agree

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25.1 I tend to "back down" even if I know I'm right

1 - Disagree

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7 - Agree

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26.1 I'm unable to change the way other people feel

1 - Disagree

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7 - Agree

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27.1 I believe that things will work out fine in my life

1 - Disagree

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7 - Agree

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28.1 Sometimes, I wish I had a better relationship with my parents

1 - Disagree

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7 - Agree ☐

29.1 I'm able to cope well in new environments

1 - Disagree ☐

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7 - Agree ☐

30.1 I try to control my thoughts and not to worry too much about things

1 - Disagree ☐

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6 ☐

7 - Agree ☐



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