

Emotional Intelligence Test

Name:

Date:

Instructions: Please read each statement and select the most appropriate response to indicate how frequently you experience the behavior described in the statement. There are no right or wrong answers, and please answer as honestly as possible.

Statements	Never	Rarely	Sometimes	Often	Always
Self-awareness Score:					
1. I am aware of my emotions as they arise.	☐	☐	☐	☐	☐
2. I am aware of how my emotions impact my behavior and decision-making.	☐	☐	☐	☐	☐
3. I have a good sense of my own abilities and limitations.	☐	☐	☐	☐	☐
4. I am aware of my own emotional triggers.	☐	☐	☐	☐	☐
5. I am aware of how others perceive me.	☐	☐	☐	☐	☐
Managing emotions Score:					
6. I am able to stay focused and think clearly even when experiencing powerful emotions.	☐	☐	☐	☐	☐
7. I am able to manage stress in healthy ways.	☐	☐	☐	☐	☐
8. I am able to bounce back quickly after setbacks.	☐	☐	☐	☐	☐
9. I am able to calm myself down when I feel anxious or upset.	☐	☐	☐	☐	☐
10. I am able to control my temper and avoid saying or doing things I later regret.	☐	☐	☐	☐	☐
Motivating oneself Score:					
11. I am able to regulate my own emotions to stay focused on my goals.	☐	☐	☐	☐	☐
12. I am able to use my emotions to motivate myself towards my goals.	☐	☐	☐	☐	☐
13. I am able to stay motivated even when faced with obstacles and setbacks.	☐	☐	☐	☐	☐
14. I am able to delay gratification in pursuit of my goals.	☐	☐	☐	☐	☐
15. I am able to stay optimistic in the face of challenges.	☐	☐	☐	☐	☐
Empathy Score:					
16. I am able to establish a sense of trust with others.	☐	☐	☐	☐	☐
17. I am able to express empathy in a way that feels genuine to others.	☐	☐	☐	☐	☐
18. I am able to respond appropriately to the emotions of others.	☐	☐	☐	☐	☐
19. I am able to understand the perspective of others.	☐	☐	☐	☐	☐
20. I am able to sense the emotions of others.	☐	☐	☐	☐	☐

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Statements	Never	Rarely	Sometimes	Often	Always
Social Skill					Score:
21. I am able to adapt to different social situations and contexts.	☐	☐	☐	☐	☐
22. I am able to work effectively in a team.	☐	☐	☐	☐	☐
23. I am able to influence and inspire others in a positive way.	☐	☐	☐	☐	☐
24. I am able to handle conflict and disagreements in a constructive manner.	☐	☐	☐	☐	☐
25. I am able to effectively communicate my own emotions to others.	☐	☐	☐	☐	☐

After completing the Emotional Intelligence test, please add up your scores for each question and record your total score in the space provided below.

1 - NEVER	2 - RARELY	3 - SOMETIMES	4 - OFTEN	5 - ALWAYS
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Then, measure your effectiveness in each domain using the key below, and write it on the interpretation row:

0 – 8	Area for enrichment: Many opportunities for attention and development
9 – 16	Effective functioning: Consider strengthening
17 – 25	Enhanced skills: EQ is an asset. Use as leverage to develop weaker areas.

	Self Awareness	Managing Emotions	Motivating Oneself	Empathy	Social Skill
TOTAL SCORE:					
INTERPRETATION:					

Please note that this test is intended for educational and informational purposes only and is not a substitute for professional advice or diagnosis. If you have concerns about your emotional intelligence, please speak with a qualified mental health professional.

Notes: