

# EMOTIONAL IQ

## Assessment

Please choose the response that BEST describes you. Please circle T for True and F for False.

1. Sometimes I am not sure why I have made a decision a certain way.	T	F
2. There is nothing that anyone could do or say that would hurt my feelings.	T	F
3. There are some parts of my job that I am not good at.	T	F
4. When I make a mistake, I do not repeat that mistake in the future.	T	F
5. I experience a wide range of emotions.	T	F
6. I can show my feelings to most people most of the time.	T	F
7. I am good at reading how other people are feeling.	T	F
8. I know what motivates each of my employees and coworkers.	T	F
9. I don't know much about my employees' lives outside of work.	T	F
10. I try to learn about the cultural background of my employees and coworkers.	T	F
11. I know which of my employees or coworkers gets easily upset or angered.	T	F
12. I don't usually pay attention to a person's body language.	T	F
13. I often talk to people about their feelings.	T	F
14. When there is a conflict between two people, I am usually good at helping to resolve it.	T	F
15. I can be very productive working in a group with difficult people or those with large egos.	T	F
16. Most of the time, I can persuade employees or coworkers to do things the way that I'd like.	T	F
17. Almost everyone at work likes to talk to me.	T	F
18. I've been told that I come on too strong.	T	F
19. I have very few people that I consider to be "friends".	T	F
20. I do a good job of predicting how different people will act in a given situation	T	F

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## Assessment Scoring Key

Total up your score using the points for each question as given below.

Question #	T	F	
1	1	2	
2	1	3	
3	2	1	
4	2	1	
5	2	1	
6	3	1	
7	2	1	
8	3	1	
9	1	2	
10	2	1	
11	3	1	
12	1	2	
13	2	1	
14	2	1	
15	2	1	
16	2	1	
17	2	1	
18	1	2	
19	1	3	
20	2	1	
<b>Total</b>			<b>Grand Total (total points for both True and False responses):</b>

40 – 45 points = High Emotional IQ

34 – 39 points = Moderate Emotional IQ

33 and below points = Low Emotional IQ