

Emotional Intelligence Test

This test is divided into five areas that correspond to key components of EQ: **Self-Awareness**, **Self-Regulation**, **Motivation**, **Empathy**, and **Social Skills**.

Self-Awareness

When I make a mistake, I am able to:

- a) Deny it and blame others
- b) Recognize it and learn from it
- c) Ignore it and move on
- d) Feel embarrassed and avoid discussing it

When I'm upset, I can quickly identify the cause of my feelings.

- a) Yes, always
- b) Usually
- c) Sometimes
- d) No, never

I am able to describe my emotions accurately to others.

- a) Strongly agree
- b) Agree
- c) Disagree
- d) Strongly disagree

I know what my strengths and weaknesses are.

- a) Strongly agree
- b) Agree
- c) Disagree
- d) Strongly disagree

When I reflect on my behavior, I am open to constructive feedback.

- a) Strongly agree
- b) Agree
- c) Disagree
- d) Strongly disagree

Self-Regulation

I am able to stay calm and collected in stressful situations.

- a) Strongly agree
- b) Agree
- c) Disagree
- d) Strongly disagree

I manage my emotions in a way that doesn't negatively affect others.

- a) Strongly agree
- b) Agree
- c) Disagree
- d) Strongly disagree

When I feel angry, I usually:

- a) Lash out at others
- b) Hold it in without addressing it
- c) Express it calmly and assertively
- d) Ignore it and move on

I avoid reacting impulsively in situations that trigger strong emotions.

- a) Strongly agree
- b) Agree
- c) Disagree
- d) Strongly disagree

I often reflect on my emotional responses to situations and adjust them for the future.

- a) Strongly agree
- b) Agree
- c) Disagree
- d) Strongly disagree

Motivation

I feel a strong sense of purpose and drive in my life.

- a) Strongly agree
- b) Agree
- c) Disagree
- d) Strongly disagree

I am able to stay focused on long-term goals despite short-term setbacks.

- a) Strongly agree
- b) Agree
- c) Disagree
- d) Strongly disagree

I am persistent when facing challenges.

- a) Strongly agree
- b) Agree
- c) Disagree
- d) Strongly disagree

I feel motivated by the opportunity to grow and improve.

- a) Strongly agree
- b) Agree
- c) Disagree
- d) Strongly disagree

I am able to inspire and encourage others to stay motivated and focused.

- a) Strongly agree
- b) Agree
- c) Disagree
- d) Strongly disagree

Empathy

I am able to recognize how others are feeling even when they don't express it verbally.

- a) Strongly agree
- b) Agree
- c) Disagree
- d) Strongly disagree

When someone is upset, I know how to comfort them.

- a) Strongly agree
- b) Agree
- c) Disagree
- d) Strongly disagree

I try to see things from another person's perspective, even if I don't agree with them.

- a) Strongly agree
- b) Agree
- c) Disagree
- d) Strongly disagree

I am aware of the emotional impact my actions have on others.

- a) Strongly agree
- b) Agree
- c) Disagree
- d) Strongly disagree

When a friend or colleague is going through a difficult time, I try to support them in meaningful ways.

- a) Strongly agree
- b) Agree
- c) Disagree
- d) Strongly disagree

Social Skills

I am comfortable initiating conversations with others, even in new or unfamiliar situations.

- a) Strongly agree
- b) Agree
- c) Disagree
- d) Strongly disagree

I am able to build strong, positive relationships with people from diverse backgrounds.

- a) Strongly agree
- b) Agree
- c) Disagree
- d) Strongly disagree

I am a good listener and give people the space to express themselves.

- a) Strongly agree
- b) Agree
- c) Disagree
- d) Strongly disagree

I am skilled at resolving conflicts in a peaceful and collaborative way.

- a) Strongly agree
- b) Agree
- c) Disagree
- d) Strongly disagree

I can effectively communicate my thoughts and feelings to others in a respectful way.

- a) Strongly agree
- b) Agree
- c) Disagree
- d) Strongly disagree

I work well in teams and contribute to group efforts.

- a) Strongly agree
- b) Agree
- c) Disagree
- d) Strongly disagree

I am good at networking and making connections with new people.

- a) Strongly agree
- b) Agree
- c) Disagree
- d) Strongly disagree

I encourage and motivate others to contribute to group discussions.

- a) Strongly agree
- b) Agree
- c) Disagree
- d) Strongly disagree

I manage to maintain positive relationships even when we disagree on important issues.

- a) Strongly agree
- b) Agree
- c) Disagree
- d) Strongly disagree

I feel confident in my ability to collaborate with others and achieve shared goals.

- a) Strongly agree
- b) Agree
- c) Disagree
- d) Strongly disagree

Scoring & Interpretation:

Each question corresponds to a different aspect of emotional intelligence (EQ). You can score your answers using the following points:

Strongly agree (a): 4 points

Agree (b): 3 points

Disagree (c): 2 points

Strongly disagree (d): 1 point

Total EQ Score: Add up all your points.

120–150 points: High Emotional Intelligence. You are highly self-aware, empathetic, and skilled at managing emotions, both your own and others'.

90–119 points: Moderate Emotional Intelligence. You have a good understanding of your emotions and others, but there may be areas you could work on for improvement.

60–89 points: Average Emotional Intelligence. You are aware of emotions but may struggle with regulation or understanding others' feelings at times.

Below 60 points: Low Emotional Intelligence. You may have difficulty managing your emotions or understanding others. Working on self-awareness and empathy can improve your EQ.

This test provides a useful general measure of emotional intelligence, but keep in mind that EQ is not fixed; it can evolve with practice and awareness over time.