

15 Statements to Answer - Emotional Intelligence

Not at All Rarely Sometimes Often Very Often

1

I can recognize my emotions as I experience them.

2

I lose my temper when I feel frustrated.

3

People have told me that I'm a good listener.

4

I know how to calm myself down when I feel anxious or upset.

5

I enjoy organizing groups.

6

I find it hard to focus on something over the long term.

7

I find it difficult to move on when I feel frustrated or unhappy.

8

I know my strengths and weaknesses.

9

I avoid conflict and negotiations.

10

I feel that I don't enjoy my work.

11

I ask people for feedback on what I do well, and how I can improve.

12

I set long-term goals, and review my progress regularly.

13

I find it difficult to read other people's emotions.

14

I struggle to build rapport with others.

15

I use active listening skills when people speak to me.