

Emotional Intelligence

10 QUESTIONS TO ASK YOURSELF
FOR SELF-ASSESSMENT

.....

Discover your strengths. Identify growth opportunities. Build better relationships with yourself and others.



What Is Emotional Intelligence?

Emotional Intelligence (EQ) is the ability to recognize, understand, manage, and express your emotions effectively while navigating relationships with others.



This self-assessment is designed for self-reflection and personal growth. There are no right or wrong answers - just honest insights.

The main components of EQ:



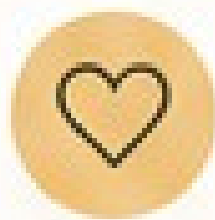
Self-Awareness:

Understanding your emotions and their impact.



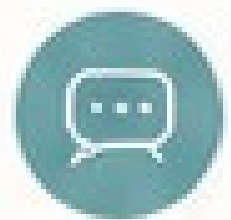
Self-Regulation:

Managing your emotions and responses.



Empathy:

Understanding and considering others.



Social Skills:

Communicating effectively and building relationships.

How It Works?



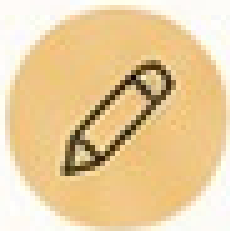
Read each statement carefully.

Think about your typical behavior, not just how you wish to be.



Rate yourself honestly.

Use the scale below to reflect how often the statement is true for you.



Add up your total score.

Find your score range on the results page to see your insights.



Reflect and grow.

Use your results to build awareness and take small, meaningful steps.

RATING SCALE

1

Rarely

2

Sometimes

3

Often

4

Usually

5

Almost
Always



Self-Awareness

1

I can accurately identify what emotion I am experiencing in difficult situations.

1

2

3

4

5

Reflection Notes:

2

When my mood changes, I usually understand what triggered it.

1

2

3

4

5

Reflection Notes:



Self-Regulation

3

I can pause before reacting when I feel frustrated or upset.

1

2

3

4

5

Reflection Notes:

4

I recover from emotional setbacks relatively quickly.

1

2

3

4

5

Reflection Notes:



Empathy

5

I try to understand other people's perspectives before judging them.

1

2

3

4

5

Reflection Notes:

6

I notice emotional cues in conversations, even when they are not spoken directly.

1

2

3

4

5

Reflection Notes:



Communication

7

I express my thoughts and feelings clearly and respectfully.

1

2

3

4

5

Reflection Notes:

8

I listen attentively without immediately preparing my response.

1

2

3

4

5

Reflection Notes:



Relationships

9

I listen attentively without immediately preparing my response.

1

2

3

4

5

Reflection Notes:

10

I listen attentively without immediately preparing my response.

1

2

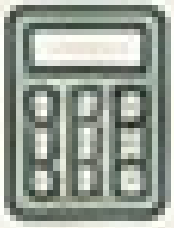
3

4

5

Reflection Notes:

Scoring



Add up your total score from all 10 questions.

Minimum score: 10 | Maximum score: 50

Write your total score here:



Understanding Your Results

10-20 **Developing** **Awareness**

You are building the foundation of emotional intelligence. Focus on increasing self-awareness and practicing healthier emotional responses.



21 – 35 **Growing** **Emotional** **Intelligence**

You demonstrate several important EQ skills and show willingness to grow. Keep practicing consistently and strengthening your habits.



36 – 50 **Strong** **Emotional** **Intelligence**

You have strong emotional awareness and interpersonal skills. Continue refining your strengths and supporting others on their journey.



Thank You for Investing in Your Growth



**Self-awareness is a powerful beginning.
Use your insights to create meaningful
change - one step at a time.**

**More insights, guides, and tools for self-
growth and meaningful living:**



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