

Emotional Intelligence Questionnaire

Components	Behaviour	Score
Self-awareness	1. How often are you aware of your emotions as they arise?	
	2. Can you easily recognize when your mood changes?	
	3. Do you understand the impact of your emotions on your decisions?	
	4. Are you aware of your strengths and weaknesses?	
Managing Emotions	1. How often can you stay calm under stressful situations?	
	2. Do you have strategies to cope with negative emotions?	
	3. Are you able to bounce back quickly from setbacks?	
	4. Can you manage your impulses effectively?	
Empathy	1. Can you understand how others feel even if you haven't experienced it yourself?	
	2. Do you listen attentively to others' emotions without judgement?	
	3. Are you able to pick up on non-verbal cues in social situations?	
	4. Can you adjust your approach based on others' emotional reactions?	
Social Skills	1. Are you comfortable initiating conversations with new people?	
	2. Are you effective at resolving conflicts with others?	
	3. Can you build and maintain positive relationships?	
	4. Do you influence others positively in group settings?	



Emotional Intelligence Assessments For Higher

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