

# Emotional Intelligence (E.I.) Test

*What's your E.I.? Take this test to find out.*

Emotional intelligence (E.I.) refers to how well you're able to recognise and manage your emotions and the emotions of others. This test will provide you with a score that will give you an indication of how emotionally intelligent you are.

Answer the questions below using the scoring scale as honestly as possible.

1 = Never      2 = Rarely      3 = Sometimes      4 = Usually      5 = Always

1	You regularly consider how your actions / words impact other people.	
2	You take constructive feedback and consider how you can do better in the future.	
3	You consider how your mood affects your thoughts and decision making.	
4	You take a moment to think before you speak or act.	
5	You control your thoughts and not let emotions affect your reactions.	
6	You give negative feedback in a constructive manner.	
7	You recognize when you're wrong, take responsibility & apologise.	
8	You handle disputes professionally within a team.	
9	People understand you when you explain something complex.	
10	You stay motivated to reach your end-goal, regardless of immediate results / rewards.	
		<b>TOTAL</b>

YOUR SCORE	SELF-IMPROVEMENT
10-19: Poor E.I.	<i>Consider how you can control &amp; understand your emotions better. When talking to someone, consider what you are saying and how you are saying it and how it may affect them. Avoid negative words.</i>
20-29: Low E.I.	<i>There are ways to improve your emotional intelligence if you are aware of which areas you need to improve. Check where you scored low and think of ways you could improve this using links below.</i>
30-39: Good E.I.	<i>Ask you colleagues if they agree with your lower scores and consider how you can self-improve. You're already good, but you can get better.</i>
40-49: Amazing E.I.	<i>Consider which questions you answered lower than others and think about what you could do to self-improve on these aspects. You're great, but there's room for improvement.</i>

Useful links:

[www.helpguide.org/articles/mental-health/emotional-intelligence-eq.htm](http://www.helpguide.org/articles/mental-health/emotional-intelligence-eq.htm)

[www.6seconds.org/2018/02/27/emotional-intelligence-tips-awareness/](http://www.6seconds.org/2018/02/27/emotional-intelligence-tips-awareness/)

This survey was modified from: '13 Signs of High Emotional Intelligence' by Justin Bariso.

