

How High is Your Emotional Intelligence?

by Amy Scholten, MPH

Mental intelligence is the ability to reason, learn and understand. *Emotional* intelligence is the ability to recognize, understand and cope with one's own emotions as well as the emotions of others. Many people have a good intellect (high IQ) but lack the ability to properly use it because they have poor emotional intelligence (EQ). Having high emotional intelligence can help you be more successful and better prepared to deal with stressful events. Fortunately, we can learn to develop higher emotional intelligence.

The following survey has been designed to give you some insight into your current level of emotional intelligence. Please keep in mind that this is a general assessment, not a diagnostic tool. Please see a mental health care provider for more in-depth testing.

Directions: Please read each statement carefully and select the answer that best describes you. When finished, you can interpret your score at the bottom of the page.

1. I feel comfortable in emotionally charged situations.

- a) Never
- b) Rarely
- c) Sometimes
- d) Usually
- e) Almost always

2. It's easy for me to identify what other people are feeling.

- a) Never
- b) Rarely
- c) Sometimes
- d) Usually
- e) Almost always

3. I'm good at understanding other people's needs and points of view.

- a) Never
- b) Rarely
- c) Sometimes
- d) Usually
- e) Almost always

4. I can receive feedback or constructive criticism without becoming defensive.

- a) Never
- b) Rarely
- c) Sometimes
- d) Usually
- e) Almost always

5. I'm flexible and adjust easily to change.

- a) Never
- b) Rarely
- c) Sometimes
- d) Usually
- e) Almost always

6. I can easily identify what I'm feeling in most situations.

- a) Never
- b) Rarely
- c) Sometimes
- d) Usually
- e) Almost always

7. I negotiate and resolve conflicts effectively.

- a) Never
- b) Rarely
- c) Sometimes
- d) Usually
- e) Almost always

8. I'm good at reading nonverbal communication (body language) in other people.

- a) Never
- b) Rarely
- c) Sometimes
- d) Usually
- e) Almost always

9. I'm curious about how others think and am interested in what they have to contribute.

- a) Never
- b) Rarely

- c) Sometimes
- d) Usually
- e) Almost always

10. When faced with an unpleasant but important task, I attend to it quickly.

- a) Never
- b) Rarely
- c) Sometimes
- d) Usually
- e) Almost always

11. I take plenty of time to listen and gather information before forming opinions about someone or something.

- a) Never
- b) Rarely
- c) Sometimes
- d) Usually
- e) Almost always

12. I'm able to admit my mistakes.

- a) Never
- b) Rarely
- c) Sometimes
- d) Usually
- e) Almost always

13. I express my feelings, thoughts and beliefs without becoming antagonistic or uncooperative.

- a) Never
- b) Rarely
- c) Sometimes
- d) Usually
- e) Almost always

14. I'm able to recover quickly from setbacks.

- a) Never
- b) Rarely
- c) Sometimes

- d) Usually
- e) Almost always

15. I'm more likely to focus on a solution than dwell on a problem.

- a) Never
- b) Rarely
- c) Sometimes
- d) Usually
- e) Almost always

Scoring

Number of a, b, c, d, and e Answers	Point Value for Answers	Total Point Value (multiply total number of a, b, c, d, and e answers by their corresponding point value)
Number of a answers:	All a answers = 1 point	
Number of b answers:	All b answers = 2 points	
Number of c answers:	All c answers = 3 points	
Number of d answers:	All d answers = 4 points	
Number of e answers	All e answers = 5 points	
		Score (add total of a, b, c, d, and e points):

Your Score	Interpretation
15-35	Your score suggests a low level of emotional intelligence. People with low emotional intelligence tend to have difficulty interpreting, understanding, and responding to emotions. They tend to be uncomfortable with conflict, emotional situations and expressing feelings. Please keep in mind that everybody can increase their emotional intelligence. Consider taking classes or reading books that will help you to improve communication skills.
36-56	Your score suggests a medium level of emotional intelligence. People with medium emotional intelligence are generally good at interpreting,

	understanding and responding to emotions. They tend to be fairly comfortable with conflict, emotional situations and expressing feelings. Still, there is room for improvement. Look at the areas where you have difficulty and then make a plan to address these problem areas.
57-75	Your score suggests a high level of emotional intelligence. People with high emotional intelligence generally excel at interpreting, understanding and responding to emotions. They tend to be comfortable with conflict, emotional situations and expressing feelings. However, keep in mind that, even with a high score, you can still improve your emotional intelligence skills.

Source:

Copyright © Amy Scholten, MPH, Inner Medicine Publishing. All rights reserved.

Biography

Amy Scholten, MPH, has a Master of Public Health in health promotion and education from the University of South Carolina and a Bachelor of Science in food and nutrition from Framingham State College. She is a freelance health writer and has taught stress management at Ithaca College in Ithaca, NY, USA.