

What is your EQ?

Exactly what is Emotional Intelligence? EQ as it is called, refers to those success-building components of an emotionally mature, personally competent person - and emphasizes the effect of emotions on our ability to view situations objectively and our ability to understand ourselves and other people. To gain a sense of your own EQ level, record your responses to the 10 questions below answering with the score for your selection, as appropriate. Then click "Calculate" for your total, and read the scoring key below to see how you did!

People don't have to tell me what they feel -- I can sense it.

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

I tend to get angry and blow up - sometimes little things set me off.

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

I find myself using my feelings to help make big decisions in my life

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

When I'm anxious about a task or opportunity, I find it difficult to focus.

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

I am aware of my feelings- even subtle ones - as I experience them .

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

When disagreements arise around me at work, I help to work them out so angry feelings don't interfere with productivity.

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

When I'm in a bad mood, negative feelings totally overwhelm me.

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

I don't give up in the face of setbacks or disappointments; I stay hopeful and optimistic.

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

I have trouble dealing with conflict or emotional upsets in business and personal relationships.

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

I can sense what's going on with a group or within my relationships- and can clearly articulate unspoken feelings.

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

Scoring Key: Remember, this isn't a definitive report on your EQ level, just a quick glimpse:

35 - 50: You may need to reconsider some of your emotional habits. Fortunately, emotional intelligence represents behaviors - all of which can be developed. Work with a Coach to help you learn new behaviors that are more effective and will help you get what you want from your life.

20 - 35: You've got a lot of emotionally intelligent behaviors going for you, including self-awareness, self-management, empathy motivation and social skills - consider working with a Coach to help you buff up your EQ.

10-19: You have scored very well on this quiz, suggesting you are aware of your own emotions, manage them well, handle relationships effectively, and empathy with others. Keep it up, through continuous learning and staying "in touch" with yourself.