

# Emotional Intelligence Self-Assessment

Please, complete the section based on the topic of discussion. Do not proceed to the next skill section until the instructor directs you to complete it.

**Not True—Somewhat True—Very True**  
**1-----2-----3**

## 1) Self-Awareness

I respond instantly to criticism	1	2	3	1	2	3	My friends challenge my ideas
It is easy to blame others	1	2	3	1	2	3	It is easy for me to apologize
I have “paid my dues” more than others	1	2	3	1	2	3	I am grateful even when times are bad
I often believe I am right	1	2	3	1	2	3	I always say exactly how I feel
I avoid arguments that raise conflict	1	2	3	1	2	3	My confidence does not come from other’s perceptions of me

## 2) Self-Management

I am fidgety	1	2	3	1	2	3	I like change
I hide the “real me”	1	2	3	1	2	3	I complete my goals
I set vague intentions	1	2	3	1	2	3	I am viewed as a positive person
I procrastinate	1	2	3	1	2	3	I tend to have things under control
Barriers or obstacles stop me from completing tasks	1	2	3	1	2	3	My actions always result in my best interest

## 3) Social-Awareness

I am critical of others	1	2	3	1	2	3	I recognize sarcasm
I view difficult people as “damaged”	1	2	3	1	2	3	I reflect others emotions
I was told I am self-centered	1	2	3	1	2	3	I don’t rely on technology to converse
I don’t know why people are upset	1	2	3	1	2	3	My friends vary in race, age, & ethnicity
I think of my response during a conversation rather than listen	1	2	3	1	2	3	I notice facial cues, body language, and voice inflections

## 4) Relationship Management

I prefer to work alone	1	2	3	1	2	3	I ask about others’ interests and values
I avoid conflict and confrontation	1	2	3	1	2	3	I get along with strangers
My opinions do not change	1	2	3	1	2	3	I acquired new friends in the last year
My friends make plans for us	1	2	3	1	2	3	I am sociable with clients/customers
I don’t commit or stay committed to social plans	1	2	3	1	2	3	I know exactly what my friends’ jobs and hobbies entail

