



### QUICK EMOTIONAL INTELLIGENCE SURVEY

Be as honest and objective as you can when you respond to the following statements. Do you believe that you do the following things more than 75% of the time? If you agree, circle, “YES”.

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|---|-----|
| 1. I am aware in the moment when I start to become angry or defensive.                              | YES |
| 2. When I am dealing with others' anger, I keep relaxed and focused on the goal of the interaction. | YES |
| 3. I remain cheerful and enjoy working with new ideas.  | YES |
| 4. I follow through on assignments and support others who work along side me.                       | YES |
| 5. Despite setbacks and problems, I continue to work on projects in a calm manner.                  | YES |
| 6. I use positive thinking even when I am in a conflict or in a difficult situation.                | YES |
| 7. I can feel and see things from another's point of view.  | YES |
| 8. Before I make a decision or take an action, I listen to others ideas.                            | YES |
| 9. When I communicate with others, I can connect with their feelings and build trust.               | YES |
| 10. To resolve conflicts, I encourage honest and respectful discussion.                             | YES |
| 11. I help people who hold different opinions to reach agreement.                                   | YES |
| 12. When I am making changes, I consider the feelings of others.                                    | YES |
| 13. I am aware of when I start to use negative thinking.  | YES |
| 14. I practice stress management to stay calm and healthy.  | YES |
| 15. I have a good sense of humor and can laugh at myself.   | YES |

<b>SCORE: How many times did you circle “YES”?</b> ____ 13-15 Very High      10-12 High      7-9 Average      1-6 Below Average
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To schedule an EQ consultation, contact us at [info@pwks.com](mailto:info@pwks.com).