

# Emotional Intelligence Questionnaire

| Components        | Behaviour  | Score |
|-------------------|--|-------|
| Self-awareness    | 1. How often are you aware of your emotions as they arise?                         |       |
|                   | 2. Can you easily recognize when your mood changes?                                |       |
|                   | 3. Do you understand the impact of your emotions on your decisions?                |       |
|                   | 4. Are you aware of your strengths and weaknesses?                                 |       |
| Managing Emotions | 1. How often can you stay calm under stressful situations?                         |       |
|                   | 2. Do you have strategies to cope with negative emotions?                          |       |
|                   | 3. Are you able to bounce back quickly from setbacks?                              |       |
|                   | 4. Can you manage your impulses effectively?                                       |       |
| Empathy           | 1. Can you understand how others feel even if you haven't experienced it yourself? |       |
|                   | 2. Do you listen attentively to others' emotions without judgement?                |       |
|                   | 3. Are you able to pick up on non-verbal cues in social situations?                |       |
|                   | 4. Can you adjust your approach based on others' emotional reactions?              |       |
| Social Skills     | 1. Are you comfortable initiating conversations with new people?                   |       |
|                   | 2. Are you effective at resolving conflicts with others?                           |       |
|                   | 3. Can you build and maintain positive relationships?                              |       |
|                   | 4. Do you influence others positively in group settings?                           |       |



# Emotional Intelligence Assessments For Higher

**ML Yell**



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