

# Emotional Intelligence Test

by Bill Gaultiere

Your Emotional Intelligence (EQ) is a hidden aspect of your personality, like the part of an iceberg that's underwater. It's foundational to your life and key to your success in life and relationships. Surprisingly, it's actually more important to your well-being and effectiveness than your IQ. The great thing about EQ is that it can be improved if we work on it. Here's an Emotional Intelligence Test I developed inspired by Daniel Goleman's research.

**Each question below asks how you act or feel in certain situations. Answer how often it is true of your actual (not desired) behavior or attitude.**

1. **When I feel bad I'm not sure what it is that is bothering me.**  
Always (3)   Usually (5)   Sometimes (7)   Rarely (9)   Never (11)
2. **When faced with a disappointment or a loss I try not to feel sad.**  
Always (3)   Usually (5)   Sometimes (7)   Rarely (9)   Never (11)
3. **I put high priority on understanding how I feel when I make an important decision.**  
Always (3)   Usually (5)   Sometimes (7)   Rarely (9)   Never (11)
4. **When I am upset it takes a long time for me to feel better.**  
Always (3)   Usually (5)   Sometimes (7)   Rarely (9)   Never (11)
5. **When someone criticizes me unfairly I feel bad about myself.**  
Always (3)   Usually (5)   Sometimes (7)   Rarely (9)   Never (11)
6. **My emotions are up and down.**  
Always (3)   Usually (5)   Sometimes (7)   Rarely (9)   Never (11)
7. **It's hard for me to wait to get what I want even if I know it's for the best.**  
Always (3)   Usually (5)   Sometimes (7)   Rarely (9)   Never (11)
8. **When working on a challenge I struggle to feel hopeful, energetic, and confident.**  
Always (3)   Usually (5)   Sometimes (7)   Rarely (9)   Never (11)
9. **If I have to do something I don't want to do I put it off till later.**

Always (3) Usually (5) Sometimes (7) Rarely (9) Never (11)

10. When people share a problem with me I think more about how they could solve it then about how difficult it feels for them.

Always (3) Usually (5) Sometimes (7) Rarely (9) Never (11)

11. In situations of conflict I have trouble understanding other people's emotions.

Always (3) Usually (5) Sometimes (7) Rarely (9) Never (11)

12. I am unable to sense other people's unspoken feelings on important issues.

Always (3) Usually (5) Sometimes (7) Rarely (9) Never (11)

13. I avoid engaging in conversation with people I don't know well.

Always (3) Usually (5) Sometimes (7) Rarely (9) Never (11)

14. I say things to other people that I regret later.

Always (3) Usually (5) Sometimes (7) Rarely (9) Never (11)

15. In social situations it's hard for me to build rapport with others.

Always (3) Usually (5) Sometimes (7) Rarely (9) Never (11)

**Your Total EQ Score \_\_\_\_\_**

*EQ scores range from 45 to 165 with 105 being average. A score of 120 and above is exceptional.*

## SMART Components of EQ

<b>S</b>	Self-Awareness	Questions 1-3
<b>M</b>	Managing Emotions	Questions 4-6
<b>A</b>	Activation (Motivation)	Questions 7-9
<b>R</b>	Relating with Empathy	Questions 10-12
<b>T</b>	Teaming with Others (Social Skills)	Questions 13-15