

# Emotional Intelligence Quiz

Take the following quiz now to determine your baseline.

First, circle your score for each statement and don't overthink your answers. Second, write your score in the right (yellow) column and calculate your total score at the bottom.

| 15 Statements to Answer |  | Never | Rarely | Sometimes | Often | Very Often |
|-------------------------|--|-------|--------|-----------|-------|------------|
| 1                       | I can recognize my emotions as I experience them.                  | 1     | 2      | 3         | 4     | 5          |
| 2                       | I lose my temper when I feel frustrated.                           | 5     | 4      | 3         | 2     | 1          |
| 3                       | People have told me that I'm a good listener.                      | 1     | 2      | 3         | 4     | 5          |
| 4                       | I know how to calm myself down when I feel anxious or upset.       | 1     | 2      | 3         | 4     | 5          |
| 5                       | I enjoy organizing groups.   | 1     | 2      | 3         | 4     | 5          |
| 6                       | I find it hard to focus on something over the long term.           | 5     | 4      | 3         | 2     | 1          |
| 7                       | I find it difficult to move on when I feel frustrated or unhappy.  | 5     | 4      | 3         | 2     | 1          |
| 8                       | I know my strengths and weaknesses.                                | 1     | 2      | 3         | 4     | 5          |
| 9                       | I avoid conflict and negotiations.                                 | 5     | 4      | 3         | 2     | 1          |
| 10                      | I feel that I don't enjoy my work.                                 | 5     | 4      | 3         | 2     | 1          |
| 11                      | I ask people for feedback on what I do well and how I can improve. | 1     | 2      | 3         | 4     | 5          |
| 12                      | I set long-term goals and review my progress regularly.            | 1     | 2      | 3         | 4     | 5          |
| 13                      | I find it difficult to read other people's emotions.               | 5     | 4      | 3         | 2     | 1          |
| 14                      | I struggle to build rapport with others.                           | 5     | 4      | 3         | 2     | 1          |
| 15                      | I use active listening skills when other people speak to me.       | 1     | 2      | 3         | 4     | 5          |
|                         |  |       |        |           |       | Total:     |

# Emotional Intelligence Quiz

## Score Interpretation

### Score

### Comments

---

**15-34**

You need to work on your emotional intelligence. You may find that you feel overwhelmed by your emotions, especially in stressful situations, or, you may avoid conflict because you think that you'll find it distressing.

It's likely, too, that you find it hard to calm down after you've felt upset, and you may struggle to build strong working relationships.

Don't worry—there are plenty of ways that you can build emotional intelligence, starting now.

---

**35-55**

Your emotional intelligence level is ... okay.

You probably have good relationships with some of your colleagues, but others may be more difficult to work with.

The good news is that you have a great opportunity to improve your working relationships significantly.

---

**56-75**

Great! You're an emotionally intelligent person. You have great relationships, and you probably find that people approach you for advice.

However, when so many people admire your people skills, it's easy to lose sight of your own needs.

Researchers have found that emotionally intelligent people often have great leadership potential. Realize this potential by seeking opportunities to improve even further.

# Action Plan

**Complete the mind map below to brainstorm actions you can take to increase psychological safety.**

Build from the center with immediate actions you can take. Circle each of your actions and connect it to it's related circle (some have been started for you). Continue to build as new ideas come to mind.

