

## Check your emotional IQ

	1 Never	2 Rarely	3 Sometimes	4 Often	5 Always
I say what I think without upsetting others	1	2	3	4	5
I know how to take advantage of my strengths	1	2	3	4	5
I am aware of my feelings and their effect on others	1	2	3	4	5
I prefer to reply on my own ideas and decisions	1	2	3	4	5
I try to respect people's feelings and avoid offending	1	2	3	4	5
I tend to make and keep friendships	1	2	3	4	5
I can manage my own anger and frustration quite well	1	2	3	4	5
I am realistic and objective in difficult situations	1	2	3	4	5
I can adapt readily when faced with change	1	2	3	4	5
I enjoy being a team player	1	2	3	4	5
I expect to succeed at most things I take on	1	2	3	4	5
I am generally satisfied with my life	1	2	3	4	5
I tend to be well motivated and organised	1	2	3	4	5
I like to explore new ways to solve problems	1	2	3	4	5
I like to resolve conflicts and confront difficulties	1	2	3	4	5
I am considered to be reliable	1	2	3	4	5
I enjoy laughing and having fun	1	2	3	4	5
I genuinely like who I am	1	2	3	4	5
I stay calm with difficult people and situations	1	2	3	4	5
Most people regard me as sociable	1	2	3	4	5

**Total your score out of 100 to get your emotional IQ.**

*This checklist is not intended as a psychological test. The term IQ is used colloquially and is not a measure of actual intelligence.*