



SELF-ASSESSMENT QUESTIONNAIRE

My Emotional Intelligence

Name: _____ Date: _____

INSTRUCTIONS:

For each statement, mark how much it describes you on a scale from 1 (not at all) to 5 (very much).

DIMENSION 1: SELF-KNOWLEDGE

1. I recognize my emotions the moment I feel them.
1 ÿ 2 ÿ 3 ÿ 4 ÿ 5 ÿ
2. I understand what triggers certain emotions in me.
1 ÿ 2 ÿ 3 ÿ 4 ÿ 5 ÿ
3. I know my emotional strengths and weaknesses.
1 ÿ 2 ÿ 3 ÿ 4 ÿ 5 ÿ

DIMENSION 2: SELF-REGULATION

4. I can calm myself down when I am angry. 1 ÿ 2 ÿ 3
ÿ 4 ÿ 5 ÿ
5. I control negative impulses (e.g. responding rudely).
1 ÿ 2 ÿ 3 ÿ 4 ÿ 5 ÿ
6. I adapt easily to changes. 1 ÿ 2 ÿ 3 ÿ 4
ÿ 5 ÿ

DIMENSION 3: MOTIVATION

7. I set goals and pursue them.
1 ÿ 2 ÿ 3 ÿ 4 ÿ 5 ÿ

8. I remain positive even when I encounter difficulties.
1 ÿ 2 ÿ 3 ÿ 4 ÿ 5 ÿ

9. I am motivated by personal fulfillment, not just rewards.
1 ÿ 2 ÿ 3 ÿ 4 ÿ 5 ÿ

DIMENSION 4: EMPATHY

10. I feel what others feel and understand them.
1 ÿ 2 ÿ 3 ÿ 4 ÿ 5 ÿ

11. I put myself in others' shoes before judging.
1 ÿ 2 ÿ 3 ÿ 4 ÿ 5 ÿ

12. I notice when someone is sad even if they don't say it.
1 ÿ 2 ÿ 3 ÿ 4 ÿ 5 ÿ

DIMENSION 5: SOCIAL SKILLS

13. I communicate clearly and respectfully with others.
1 ÿ 2 ÿ 3 ÿ 4 ÿ 5 ÿ

14. I resolve conflicts through dialogue, not through argument.
1 ÿ 2 ÿ 3 ÿ 4 ÿ 5 ÿ

15. I work well in a team and collaborate easily.
1 ÿ 2 ÿ 3 ÿ 4 ÿ 5 ÿ

CALCULATE THE SCORE:

Self-knowledge (Q1-3):	_____ / 15
Self-regulation (Q4-6):	_____ / 15
Motivation (Q7-9):	_____ / 15
Empathy (Q10-12):	_____ / 15
Social skills (Q13-15):	_____ / 15
TOTAL IE:	_____ / 75

My weakest dimension is: _____

I will work on this dimension by: _____