

# EMOTIONAL INTELLIGENCE QUESTIONNAIRE

P. A. DOUGLAS & ASSOCIATES INC.

1. I am aware of how my behavior impacts others
2. I recognize my emotions as they are occurring
3. I recognize that others influence my emotional state
4. I can recognize when I am beginning to get angry or defensive
5. When I feel badly, I usually know what is upsetting me
6. I recognize the source of, or reason for, my feelings
7. I understand how feelings can lead to anger
8. Sometimes other people can bring my mood down
9. I recognize my emotions profoundly effect my performance
10. I recognize how my emotions can sway my judgment
11. I follow through on projects, support others and build trust
12. I remain positive in the face of difficult situations
13. I stay focused under pressure
14. In my view, happiness depends a great deal on your attitude
15. I take time out to reflect on my core purposes in life
16. I have outstanding emotional self-control
17. I am more adaptive and flexible than most others
18. I always demonstrate integrity, honesty and trustworthiness
19. I take initiative where others do not
20. I welcome and embrace change
21. I can read between the lines to hear what people are really saying
22. I can accurately pick up on the mood in the room
23. I show others that I know what they are going through
24. I can always tell when a colleague or friend is sad
25. It hurts me deeply to see other people hurting
26. I read the currents of organizational life well
27. I can read non-verbal cues quite well
28. When someone I care about is sad, I often feel sad too
29. I very rarely misread other people's feelings
30. I can usually recognize when a person is trying to manipulate me
31. I get along well with almost all people
32. I communicate my needs and feelings honestly
33. I am not impatient with others when something is bothering me
34. I often know just what to say to make someone feel better
35. I am skilled at consoling those who have suffered loss
36. I have well developed conflict management skills
37. I respect others regardless of race or sexual orientation
38. I address people directly in difficult situations
39. My sensitivity enables me to manage interactions effectively
40. "I'm good enough, I'm smart enough and doggone it, people like me"

	DISAGREE STRONGLY	DISAGREE	NEUTRAL	AGREE	AGREE STRONGLY
1	0	1	2	3	4
2	0	1	2	3	4
3	0	1	2	3	4
4	0	1	2	3	4
5	0	1	2	3	4
6	0	1	2	3	4
7	0	1	2	3	4
8	0	1	2	3	4
9	0	1	2	3	4
10	0	1	2	3	4
11	0	1	2	3	4
12	0	1	2	3	4
13	0	1	2	3	4
14	0	1	2	3	4
15	0	1	2	3	4
16	0	1	2	3	4
17	0	1	2	3	4
18	0	1	2	3	4
19	0	1	2	3	4
20	0	1	2	3	4
21	0	1	2	3	4
22	0	1	2	3	4
23	0	1	2	3	4
24	0	1	2	3	4
25	0	1	2	3	4
26	0	1	2	3	4
27	0	1	2	3	4
28	0	1	2	3	4
29	0	1	2	3	4
30	0	1	2	3	4
31	0	1	2	3	4
32	0	1	2	3	4
33	0	1	2	3	4
34	0	1	2	3	4
35	0	1	2	3	4
36	0	1	2	3	4
37	0	1	2	3	4
38	0	1	2	3	4
39	0	1	2	3	4
40	0	1	2	3	4



<b>SELF-AWARENESS</b>	
<b>SOCIAL-AWARENESS</b>	
<b>SELF-MANAGEMENT</b>	
<b>SOCIAL SKILLS</b>	
<b>EQ QUOTIENT</b>	