

Self-Assessment

Emotional Intelligence

Chapter Resource

Please refer to section [Section 7.1 Emotions and Intelligence](#) of *Conflict Management*.

Instructions

Read the following questions and select the answer that corresponds with your perception. Do not be concerned if some of the items appear similar. Please use the scale below to rate the degree to which each statement applies to you.

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1	2	3	4	5

- _____ 1. I am aware of my emotions as I experience them.
- _____ 2. I easily recognize my emotions.
- _____ 3. I can tell how others are feeling simply by watching their body movements.
- _____ 4. I can tell how others are feeling by listening to their voices.
- _____ 5. When I look at people’s faces, I generally know how they are feeling.
- _____ 6. When my emotions change, I know why.
- _____ 7. I understand that my emotional state is rarely comprised of one single emotion.
- _____ 8. When I am experiencing an emotion, I have no problem easily labeling that emotion.
- _____ 9. It’s completely possible to experience two opposite emotions at the same time (e.g., love & hate; awe & fear; joy & sadness, etc.).
- _____ 10. I can generally tell when my emotional state is shifting from one emotion to another.
- _____ 11. I don’t let my emotions get the best of me.
- _____ 12. I have control over my own emotions.
- _____ 13. I can analyze my emotions and determine if they are reasonable or not.
- _____ 14. I can engage or detach from an emotion depending on whether I find it informative or useful.
- _____ 15. When I’m feeling sad, I know how to seek out activities that will make me happy.
- _____ 16. I can create situations that will cause others to experience specific emotions.
- _____ 17. I can use my understanding of emotions to have more productive interactions with others.
- _____ 18. I know how to make other people happy or sad.
- _____ 19. I often lift people’s spirits when they are feeling down.
- _____ 20. I know how to generate negative emotions and enhance pleasant ones in my interactions with others.



CONFLICT MANAGEMENT

Scoring

Perceiving Emotions	Add scores for items 1, 2, 3, 4, & 5	=
Understanding Emotions	Add scores for items 6, 7, 8, 9, & 10	=
Managing Emotions	Add scores for items 11, 12, 13, 14, & 15	=
Using Emotions	Add scores for items 16, 17, 18, 19, & 20	=

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