

### Emotional Intelligence Self Assessment

<b>Intrapersonal</b>		<b>Very Poor</b>	<b>Poor</b>	<b>Average</b>	<b>Good</b>	<b>Very Good</b>
Self regard	The ability to look at and understand oneself, accepting one's positive and negative aspects as well as one's limitations and possibilities					
Emotional self-awareness	The ability to recognise and understand one's feelings and emotions, differentiate between them and know what's caused them					
Assertiveness	The ability to express feelings, beliefs and thoughts and defend one's rights in a non-destructive way.					
Independence	The ability to be self-reliant and self-directed in one's thinking and actions and to be free of emotional dependency; these people may ask for and consider the advice of others, but they rarely depend on others to make important decisions or do things for them					
Self-actualisation	The ability to release one's potential capacities and to strive to do what one wants to do and enjoys doing.					
<b>Interpersonal</b>						
Empathy	The ability to be attentive to, to understand, and to appreciate the feelings of others...being able to emotionally "read" other people					
Social Responsibility	The ability to demonstrate oneself as a co-operative, contributing and constructive member of one's social group.					
Interpersonal relationship	The ability to establish and maintain mutually satisfying relationships characterised by intimacy and by giving/receiving affection					
<b>Stress management</b>						
Stress tolerance	The ability to withstand adverse events and stressful situations without falling apart by actively and confidently coping with stress					
Impulse control	The ability to resist or delay impulse, drive or temptation to act					
<b>Adaptability</b>						
Reality-testing	The ability to assess the correspondence between what is experienced (the subjective) and what exists (the objective)					
Flexibility	The ability to adjust one's emotions, thoughts, and behaviour to changing situations and conditions					
Problem-solving	The ability to identify and define problems as well as to generate and implement potentially effective solutions					
<b>General Mood</b>						
Optimism	The ability to look at the brighter side to life and to maintain a positive attitude even in the face of adversity					
Happiness	The ability to feel satisfied with one's life, to enjoy oneself and others, and to have fun.					