



# Emotional Intelligence Assessment

[dbccoach.online](http://dbccoach.online)

## Emotional Intelligence Self-Assessment Questionnaire

Please rate yourself on the following statements:

	Strongly Disagree (+1)	Disagree (+2)	Neutral (+3)	Agree (+4)	Strongly Agree (+5)
I am aware of my own emotions and can identify them easily.					
I can effectively manage and control my emotions, especially during stressful situations.					
I am good at recognizing and understanding the emotions of others.					
I can empathize with others and understand their perspectives and feelings.					
I am skilled at diffusing tense situations and conflicts.					
I communicate my thoughts and emotions effectively to others.					
I actively listen to others and make an effort to understand their viewpoints.					
I am able to adapt to changing emotional dynamics in different situations.					
I am patient and can remain calm under pressure.					
I encourage and support others in expressing their emotions and concerns.					
<b>Total Score</b>					

## Assessment

- 10-20: Your emotional intelligence may need significant improvement. Consider working on understanding and managing your emotions better, as well as enhancing your empathy and communication skills.
- 21-30: Your emotional intelligence is at a basic level. There's room for growth in recognizing and managing emotions, as well as in empathizing with others.
- 31-40: You have a moderate level of emotional intelligence. Continue to refine your skills in understanding, managing emotions, and connecting with others on an emotional level.
- 41-50: Congratulations! You have a high level of emotional intelligence. You are adept at understanding and managing emotions, communicating effectively, and empathizing with others.

Remember that emotional intelligence is a skill that can be developed and improved over time with practice and self-awareness. Focus on areas where you scored lower to enhance your emotional intelligence further.