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# **EQ Evaluator Assessment**

THANK YOU for completing this assessment. The form is a fillable PDF. Read the instructions carefully. After completing, send the scores on p. 8 back by email.

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Your Name

You are evaluating

## Emotional Intelligence (EQ) Evaluator Assessment

Using the grid below, read each of the statements and write on the line beside the sentence a number 1 - 5. Be thoughtful when thinking how strong of an ability you have with each of the sentences, and how it best describes your Emotional Intelligence. **You are answering on behalf of someone else, your scores are what you THINK about the person not what you think they think about themselves.**

Very Slight Ability		Moderate Ability		Great Ability	
	1	2	3	4	5

1. \_\_\_ I associate different internal cues with emotions I experience. (for example headache = stressed or upset.)
2. \_\_\_ I am able to relax under pressure.
3. \_\_\_ I "gear up" at will for a task to get it done.
4. \_\_\_ I understand the impact my behavior has on others.
5. \_\_\_ I initiate successful resolution of conflict with others.
6. \_\_\_ I calm myself quickly when angry.
7. \_\_\_ I am aware of my emotions throughout the day.
8. \_\_\_ I regroup quickly after a setback.
9. \_\_\_ I recognize when others are distressed.

10. \_\_\_\_ I build consensus when working on a team.
11. \_\_\_\_ I know my core values.
12. \_\_\_\_ I use positive self "talk" to change my emotional state.
13. \_\_\_\_ I stay productive when doing uninteresting work.
14. \_\_\_\_ I help other people manage their emotions.
15. \_\_\_\_ I make others feel good about themselves.
16. \_\_\_\_ I am aware of mood shifts.
17. \_\_\_\_ I stay calm when I am the target of anger from others.
18. \_\_\_\_ I have evidence of being able to stop/change a bad habit.
19. \_\_\_\_ I show empathy, even when I don't understand the other person's point of view.
20. \_\_\_\_ I discern when a person wants advice v. needs someone to listen.
21. \_\_\_\_ I know when I become defensive.
22. \_\_\_\_ I seek out healthy experiences that make me feel great.
23. \_\_\_\_ I follow my words with actions.
24. \_\_\_\_ I have go to practices that I employe daily to accomplish my goals.
25. \_\_\_\_ I accurately reflect people's feelings back to them.
26. \_\_\_\_ I have been told I am a good listener.
27. \_\_\_\_ I pay attention to the emotions of other people.
28. \_\_\_\_ I adjust my communication based on the verbal and nonverbal cues I gather from those around me.
29. \_\_\_\_ I am curious about people and try to get to know them.

30. \_\_\_\_ I can tell when another person is disinterested.
31. \_\_\_\_ I easily build rapport and get to know people.
32. \_\_\_\_ I love setting goals and meeting them.
33. \_\_\_\_ I give verbal and nonverbal cues to let others know I am paying attention/engaged.
34. \_\_\_\_ I check in with myself on a regular basis to see how I am doing.
35. \_\_\_\_ I can imagine myself in someone else's situation
36. \_\_\_\_ I can read a room.
37. \_\_\_\_ Sometimes I find other people's emotions are "contagious" and I catch what they are feeling.
38. \_\_\_\_ When caught off guard by news that upsets me, I stop and process what I am feeling before I act.
39. \_\_\_\_ People tell me I am calm under pressure.
40. \_\_\_\_ I care about something passionately.
41. \_\_\_\_ When I care about a topic, I can influence and persuade others to see things my way.
42. \_\_\_\_ I like to consider a variety of points of view before making a big decision.
43. \_\_\_\_ I remember and recall important information about other people.
44. \_\_\_\_ When I see someone is upset, I want to help.
45. \_\_\_\_ I enjoy alone time.
46. \_\_\_\_ I adjust based on feedback about my performance.
47. \_\_\_\_ When I am faced with obstacles, I remember times I faced similar obstacles and overcame them.

48. \_\_\_\_ I expect to do well on the things I put my mind to.
49. \_\_\_\_ When I experience a positive emotion, I know how to make it last.
50. \_\_\_\_ I know how to make a great first impression.
51. \_\_\_\_ I know what the things that "trigger" me and send me into stress.
52. \_\_\_\_ I enjoy exercising.
53. \_\_\_\_ I self reflect at the end of the day to assess what kind of day I had.
54. \_\_\_\_ I easily can share with another person what I am thinking/feeling/need.
55. \_\_\_\_ In a stressful situation I usually think in a way that helps me stay calm.
56. \_\_\_\_ When I mess up or make a mistake, I am able to keep a sense of humor about it.
57. \_\_\_\_ I am always learning new things.
58. \_\_\_\_ I like to learn new things about myself.
59. \_\_\_\_ I challenge myself to try things that scare me.
60. \_\_\_\_ I know what things give me energy and drain my energy.

Using the score sheet below place the rating beside the question number.

Question Number	Rating
1	
7	
11	
16	
21	
45	
50	
51	
53	
56	
58	
60	
<b>TOTAL- Self Awareness:</b>	
2	
6	
12	
17	
22	
34	
38	
39	
49	
52	
54	
55	
<b>TOTAL- Managing Emotions:</b>	
3	
8	
13	
18	
23	
24	
32	
46	
47	
48	
57	
59	

<b>TOTAL- Motivating Yourself:</b>	
4	
9	
14	
19	
25	
27	
29	
35	
37	
40	
42	
44	
<b>TOTAL- Empathy:</b>	
5	
10	
15	
20	
26	
28	
30	
31	
33	
36	
41	
43	
<b>TOTAL- Social Skills:</b>	

*Strongest* 1. \_\_\_\_\_ Score: \_\_\_\_\_/60  
2. \_\_\_\_\_ Score: \_\_\_\_\_/60  
3. \_\_\_\_\_ Score: \_\_\_\_\_/60  
4. \_\_\_\_\_ Score: \_\_\_\_\_/60  
5. \_\_\_\_\_ Score: \_\_\_\_\_/60

Your Name \_\_\_\_\_

Person you are evaluating \_\_\_\_\_

**\*Please save the file (or screen shot) and send to this page only to the person you are evaluating. Thank you!**