

		Not at all	Rarely	Sometimes	Often	Very Often
1	I can recognize my emotions as I experience them.					
2	People have told me that I'm a good listener.					
3	I lose my temper when I feel frustrated					
4	I find it hard to focus on something over the long term					
5	I enjoy organizing groups					
6	I know my strengths and weaknesses					
7	I find it difficult to move on when I feel frustrated or unhappy					
8	I ask people for feedback on what I do well, and how I can improve					
9	I avoid conflict and negotiations					
10	I find it difficult to read other people's emotions					
11	I set long-term goals and review my progress regularly					
12	I use active listening skills when people speak to me					
13	I struggle to build rapport with others					
14	I can be defensive when someone points out my emotional responses					

goals - self awareness, self regulation, motivation, empathy, social skills

score 15-34 - you need to work on emotional intelligence.

You may feel overwhelmed in stressful situations.

You avoid conflict because it is distressing. You find it hard to calm down.

You replay negative emotions in your head.

you struggle to build strong working relationships and avoid difficult people.

Analyze conversations by looking for mutual solutions. STOP blaming, STOP trying to WIN.

Be accountable to your closest friends.

Discover the root of your triggers. Don't be impulsive about reacting.

Take full responsibility for your actions, words, and behaviors every time.

Write down your values and boundaries.

Write down feedback from accountability partners. Write down mood swings.

Write down strengths and weaknesses in the moment, both positive and negative reactions to others.

Learn empathy by asking how your statements and actions make others feel.

build your emotional skills, mature, grow, thrive, feed into others, look for positive in the relationship.

56-75 - score high - you have great relationships. People approach you, you're a natural leader.

give an example of when you "lost it" emotionally

give an example of when you negotiated between 2 others in conflict

give an example of when you held your tongue and chose not to name call or cuss.

give an example of when you approached a volital situation with a plan to resolve it.

give an example of when you took full responsibility for severing a relationship. (1 necessary and 1 unfortunate mistake)