

# EI ATTUNEMENT

## CONDENSED SELF-ASSESSMENT

---

© 2002, 2004 Designed for teaching-learning workshop purposes by  
Dr. Michael Rock, and adapted by Linda Beck Certified EQ-i™ Coach and Facilitator

The following 15 statements represent different aspects of emotional intelligence. Read them over and score each statement as it applies to you at this time in your life. **This is for your eyes only and for purposes of this presentation.** Simply be honest with yourself. Circle your number at the end of each statement. When you are finished, add up your scores for a subtotal, do the simple math calculation, and place your total in the shaded box on the next page. Your scoring choices are as follows:

- 1 = Very seldom or Not true of me
- 2 = Seldom true of me
- 3 = Sometimes true of me
- 4 = Often true of me
- 5 = Very often true of me or True of me

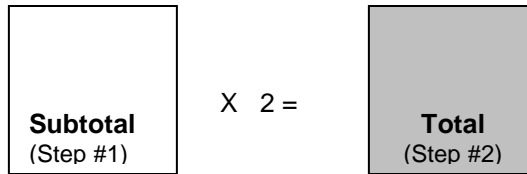
1.	I can recognize and am in touch with my feelings, emotions and behaviours and the impact they have on others.	1 2 3 4 5	ESA
2.	I am attentive to, understand and appreciate the feelings of others, and can emotionally read other people.	1 2 3 4 5	EM
3.	It's easy for me to express my feelings, beliefs and thoughts and to defend my rights in a non-destructive way.	1 2 3 4 5	AS
4.	I focus on practicalities and avoid unrealistic expectations.	1 2 3 4 5	RT
5.	I am patient and can deal with delayed gratification or an impulse to act.	1 2 3 4 5	IC
6.	I accept myself as I am, warts and all.	1 2 3 4 5	SR
7.	I make my own decisions in life, am resourceful, and am not emotionally dependent on others by feeling locked into doing things for them.	1 2 3 4 5	IN
8.	People would say I am a co-operative, contributing, and constructive team player.	1 2 3 4 5	RE
9.	I look at the bright side of life and keep positive attitudes, even in the face of adversity.	1 2 3 4 5	OP
10.	I can adjust my emotions, thoughts, and behaviour even in changing circumstances.	1 2 3 4 5	FL
11.	I am able to withstand and cope with stressful situations without falling apart.	1 2 3 4 5	ST
12.	I am good at identifying and defining problems, and generating and implementing potentially effective solutions.	1 2 3 4 5	PS
13.	I can easily establish and maintain mutually satisfying relationships characterized by openness and the giving-and-receiving of affection.	1 2 3 4 5	IR
14.	I set goals and work hard to achieve them. I pursue things that I find exciting, interesting and enrich my life.	1 2 3 4 5	SA
15.	I feel satisfied with my life, enjoy myself and others, and feel pretty content.	1 2 3 4 5	HA

# EI ATTUNEMENT

## CONDENSED SELF-ASSESSMENT

---

*Add up your circled choices*



100

50	70	85	115		130	150
•	•	•	•		•	•

*Roughly 70% of people have scores between 85 and 115*

With grateful reference and acknowledgement to Dr. Reuven BarOn • Author of the Emotional Quotient-Inventory™

### Legend

1.	I can recognize and am in touch with my feelings, emotions and behaviours and the impact they have on others.	ESA	Emotional Self-Awareness
2.	I am attentive to, understand and appreciate the feelings of others, and can emotionally read other people.	EM	Empathy
3.	It's easy for me to express my feelings, beliefs and thoughts and to defend my rights in a non-destructive way.	AS	Assertiveness
4.	I focus on practicalities and avoid unrealistic expectations.	RT	Reality Testing
5.	I am patient and can deal with delayed gratification or an impulse to act.	IC	Impulse Control
6.	I accept myself as I am, warts and all.	SR	Self-Regard
7.	I make my own decisions in life, am resourceful, and am not emotionally dependent on others by feeling locked in to doing things for them.	IN	Independence
8.	People would say I am a co-operative, contributing, and constructive team player.	RE	Social Responsibility
9.	I look at the bright side of life and keep positive attitudes, even in the face of adversity.	OP	Optimistic
10.	I can adjust my emotions, thoughts, and behaviour even in changing circumstances.	FL	Flexibility
11.	I am able to withstand and cope with stressful situations without falling apart.	ST	Stress Tolerance
12.	I am good at identifying and defining problems, and generating and implementing potentially effective solutions.	PS	Problem Solving
13.	I can easily establish and maintain mutually satisfying relationships characterized by openness and the giving-and-receiving of affection.	IR	Interpersonal Relationships
14.	I set goals and work hard to achieve them. I pursue things that I find exciting, interesting and enrich my life.	SA	Self-Actualization
15.	I feel satisfied with my life, enjoy myself and others, and feel pretty content.	HA	Happiness