

## Emotional Intelligence Test

The questions you will find in this TEST refer to your usual way of acting with the people you relate to. There are no good or bad answers, but sincere answers that should reflect your style, your usual way of thinking, doing and feeling.

The way to answer is as follows. According to each behaviour (question) you have, you will put a cross in the corresponding box.

COMPORTAMIENTO	NUNCA	ALGUNAS VECES	SIEMPRE
I know myself, I know what I think, what I feel and what I do.			
I am able to motivate myself to learn, study, pass, achieve something.			
When things go wrong, my state of mind holds out until things go better.			
I reach reasonable agreements with other people when we have conflicting positions.			
I know what makes me happy and what makes me sad.			
I know what is most important at any given moment			
When I do things well I congratulate myself myself.			
When others provoke me intentionally, I am able not to respond.			
I look on the bright side of things, I am an optimist.			
I control my thoughts, I think about what really interests me.			
I talk to myself, quietly of course.			
When I am asked to say or do something I find unacceptable, I refuse to do it.			
When someone criticises me unjustly, I defend myself with dialogue.			
When I am criticised for something that is right I accept it because they are right.			
I am able to take my mind off the worries that obsess me.			
I become aware of what the people closest to me (friends, colleagues, relatives...) say, think and feel.			
I value the good things I do.			
I am able to have fun and enjoy myself wherever I am.			
There are things I don't like to do but I know they have to be done and I do them.			
I am able to smile.			
I have confidence in myself, in what I can do, think and feel.			
			SIEMPRE

<b>I am an active person, I like to do things.</b>			
<b>I understand other people's feelings.</b>			
<b>I have conversations with people.</b>			
<b>I have a good sense of humour.</b>			
<b>I learn from the mistakes I make.</b>			
<b>In times of stress and anxiety I am able to relax and calm down so as not to lose control and act hastily.</b>			
<b>I am a realistic person, with the offers I make, knowing what I can</b>			
<b>When someone is very nervous or excited, I calm them down and reassure them.</b>			
<b>I have very clear ideas about what I want.</b>			
<b>I control my fears and apprehensions well.</b>			
<b>If I have to be alone, I don't get overwhelmed by it.</b>			
<b>I am part of a sports or leisure group or team to share interests or hobbies.</b>			
<b>I know what my faults are and how to change them.</b>			
<b>I am creative, I have original ideas and develop them.</b>			
<b>I know which thoughts are capable of making me happy, sad, angry, altruistic, anxious.</b>			
<b>I am able to cope well with frustration when I do not get what I want.</b>			
<b>I communicate well with the people I interact with.</b>			
<b>I am able to understand the point of view of others.</b>			
<b>I identify the emotions expressed by people around me.</b>			
<b>I am able to see myself from the perspective of others.</b>			
<b>I take responsibility for the things I do.</b>			
<b>I adapt to new situations, even if they cost me some change in the way I feel about things.</b>			
<b>I believe that I am a balanced person emotionally.</b>			
<b>I make decisions without much hesitation or hesitation.</b>			

## **Results**

0 points for NEVER responses

Responses SOMETIMES are credited with 1 mark

Responses ALWAYS are credited with 2 marks

## **Scores**

Between 0 and 20 points: VERY LOW Between 21 and 35 points: LOW

Between 36 and 45 points: MEDIUM-LOW

Between 46 and 79 points: MEDIUM-HIGH

Between 80 and 90 points: VERY HIGH

### **THE MEANING OF VERY LOW SCORES**

With this score you must know that you still don't know enough about the emotions you experience, you don't adequately value your abilities, which you surely have. There are many skills that you do not put into practice, and they are necessary for you to feel more at ease with yourself and for relationships with people to be satisfactory.

#### **LOW**

With this score your emotional skills are still scarce. You need to know yourself a little better and appreciate more what you are capable of doing. Knowing what emotions you experience, how you control them, how you express them and how you identify them in others is fundamental for you to feel good, and to develop your whole personality in an effective way.

#### **MID-LOW**

You almost made it. With this score you are bordering on desirable for your emotional abilities. You already know a lot about what you think, do and feel, and possibly how to manage your emotions and communicate effectively with others. However, don't be satisfied with this score.

#### **MEDIUM-HIGH**

Your score is not bad at all. It indicates that you know who you are, how you emote, how you handle your feelings and how you discover this in others. You are in control of your relationships with people, using your skills to know how you feel, how you should express it and also knowing how others feel, and what you need to do to maintain satisfactory relationships with other people.

#### **VERY HIGH**

You are a superhero of emotion and its control. You would say that you are number 1 in EMOTIONAL INTELLIGENCE. Your skills allow you to be aware of who you are, what your goals are, what emotions you experience, you know how to value yourself as you deserve, you manage your emotional states well and, more importantly, you are capable of communicate effectively with those around you, and you are also unique in solving interpersonal post-conflicts that occur every day.