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Emotional Intelligence Training Institute's EQ Assessment

1. How do you feel when you discover yourself to be in the slowest grocery store line?	ANGRY	IMPATIENT	BOTHERED	ACCEPTING
2. How do you feel when cut off in traffic?	ANGRY	UPSET	ANNOYED	NOTHING
3. How do you feel when money is tight and your next paycheck is a few weeks away?	HOPELESS	DISAPPOINTED	FRUSTRATED	CONCERNED
4. How do you feel when hearing about another person's wonderful life?	ANGRY	JEALOUS	CONTENT	HAPPY
5. How do you feel when your are rushed to be on time for an appointment?	ANGRY	STRESSED	DISAPPOINTED	ACCEPTING
6. How do you feel when you are being looked down upon?	ANGRY	DEVALUED	DEFENSIVE	DISAPPOINTED
7. How do you feel when thinking you are not good enough?	INCOMPETENT	INSECURE	JUDGED	DISAPPOINTED
8. How do you feel when you think you are not as smart or capable as others think you are?	LIKE A FRAUD	SCARED	INSECURE	UNCOMFORTABLE
9. How do you feel when you are unavoidably late for an event?	ANGRY	DISAPPOINTED	ANNOYED	ACCEPTING
10. How often do you feel yourself getting mad or angry?	DAILY	WEEKLY	MONTHLY	RARELY
11. Is there a difference for you between feeling: annoyed, upset, and angry?	NEVER	SOMETIMES	USUALLY	ALWAYS
12. When you are tired and a friend or relative asks you to do them a favor , how do you feel?	UPSET	SELFISH	IMPOSED UPON	ACCEPTING
13. How do you feel when you hear that someone criticized your work and didn't talk to you about it?	BETRAYED	STABBED IN THE BACK	UPSET	DISRESPECTED
14. How do you feel when you think about your future?	HOPELESS	ENCOURAGED	OPTIMISTIC	EXCITED
15. How do you feel when you reflect on what you have achieved so far in your life?	DISAPPOINTED	SOMEWHAT SATISFIED	SATISFIED	PLEASED
16. How often do you hear yourself laugh?	RARELY	MONTHLY	WEEKLY	DAILY
17. Do you ever feel overwhelmed by your emotions?	DAILY	WEEKLY	MONTHLY	RARELY
18. When you feel yourself getting angry can you calm yourself down?	OUT OF CONTROL	RARELY	SOMETIMES	REGULARLY
19. Do you feel a sense of belonging somewhere in your life?	NO	SOMETIMES	REGULARLY	YES
20. Do you feel a sense of value and significance in your life?	NO	SOMETIMES	REGULARLY	YES