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Emotional Intelligence Training Institute's EQ Scoring

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 you 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

Total number of answers in each column: _____

To get your assessment score:

- Score for each answer in column 1 is 1 point
- Score for each answer in column 2 is 2 points
- Score for each answer in column 3 is 3 points
- Score for each answer in column 4 is 4 points

Totals for each column: ____x1 ____x2 ____x3 ____x4
= Total Score_____

Compare your total score to the assessment results below:

0 to 21	Low EQ
22 to 31	Average EQ
42 to 61	Above average EQ
62 to 80	High EQ

LOW EQ 0 to 21 POINTS

Today is a great day to start increasing your EQ. You might begin by looking at a “*feeling list*” and work towards becoming comfortable identifying your feelings. If you have misplaced the feelings list from the presentation, you can go to our website for the Adult Feeling List by clicking [HERE](#). Next look for someone who you can talk to about your feelings, or if that is not possible, begin to journal about your feelings in a journal book, a notebook or even on your computer.

AVERAGE EQ 22 to 41 POINTS

There is always room for improvement and today is a good day to start. Look at your responses in columns one and two. Is there a theme? Do you respond in anger more than you would like? Take a close look at the situations that produce an angry response for you. Begin to practice reframing. You can change the way you look at situations, events and people in your life. If you change your thinking, you will change the feelings produced by your thoughts. For example: when someone cuts you off in traffic instead of thinking “*You Jerk*”, you could reframe your thought and say “*I am glad I am not that driver! If this is how his day is starting, it’s probably only going to get worse!!! Good Luck.*”

ABOVE AVERAGE EQ 42 to 61 POINTS

You are doing great!!!

You are on your way to a high EQ! Take a look at your answers and decide if you'd like to work on being able to change any of the ways you respond to persons, situations or life events. If your answer is no, enjoy being where you are. You are above average EQ and you are already an emotionally healthy individual. If your answer is yes, then take a look at which response or responses you would like to change.

Start with reframing the person, situation or life event that produces any response you would like to change. Look at question # 13. If you answered "*stabbed in the back*" and it really upset you for days after the situation happened, the negative feelings in your body probably lasted for days or even weeks. You most likely found yourself ruminating over the situation. Try reframing like this, "*How sad and pathetic that so and so must be so jealous of my work that he feels he has to criticize me to make himself look better. I am very fortunate not to want or need him as a friend. Now let me think about whether his criticizing did any damage to my reputation or work. If it did, I will make a plan to restore my good name.*"

If our emotions do not overwhelm us, then we are free to think clearly, even if we are initially flooded with negative emotions.

ABOVE AVERAGE EQ 62 to 80 POINTS

CONGRATULATIONS!!

You are at an optimal place to find joy and satisfaction in your life. The people in your relationships are very fortunate because they rarely feel you are angry at them. They realize that if you are upset, you will talk with them -- no hidden anger that jumps out and frightens people.

Feel proud of your self that you are in touch with your emotions and they rarely cause you to take actions that you will live to regret.

Here is your challenge: To maintain a high EQ it is important to continue to work at increasing your EQ every day. The reason is that life has a funny way of changing daily and with the changes life brings us new problems, crises, people, situations and life events that can cause new stress that we didn't have to manage yesterday.

So have fun, take those special moments in your life and immerse yourself in the joy! We know all special moments only happen once, but each of those wonderful moments can become a lifetime memory!