

Emotional Intelligence Quiz!

This is not a diagnostic tool, just an indicator!

QUESTION 1

YOU JUST SPENT £5 ON A LARGE CAPPUCCINO...& SPILT IT DOWN YOURSELF...YOU FEEL..

- A. The whole day is a nightmare now, I just want to go home
- B. Upset but after a while calm down
- C. Think, these things happen ! & order a new drink



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QUESTION 2

I GET ON WITH OTHERS..

- A. I am better on my own, people are hard work
- B. I get on well with friends & family but find work colleagues more difficult
- C. I love to talk to everyone!

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QUESTION 3

YOUR BOSS ASKS FOR QUITE A FEW AMENDMENTS TO THE REPORT YOU PRODUCED...YOU FEEL..

- A. Floored & cannot think about anything else. Tears are ready to fall
- B. Upset at first, feeling not good enough but then rewrite it
- C. See the point made are valid & don't take offence at all

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QUESTION 4

MY BOUNDARIES ARE...

- A. What are boundaries?
- B. I struggle to always keep my boundaries in place
- C. Love a boundary..who doesn't love clarity?

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QUESTION 5

YOU CAN TELL HOW SOMEONE IS FEELING JUST BY LOOKING AT THEM..

- A. I assume that what they are feeling has something to do with me
- B. I can at times but can get it wrong if I am not feeling great myself...
- C. Yes



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ANSWERS

Mainly A :

- You are sensitive to thoughts & feelings going on around you, which is a skill. But you also tend to internalise things. This can mean that you are your own worst critique.

It may help you to speak to a Coach or Therapist to get a calmer perspective.

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ANSWERS

Mainly B :

■ You are aware that you are affected by others but are able to process your feelings given time.

You may like to quicken up this process by talking this through with a Coach or a Therapist

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ANSWERS

Mainly C :

■ You are aware of where your feelings end & other peoples begin.

You may know someone who hates change...they may like this quiz!

This is not a diagnostic tool just a quiz ... if you are concerned, always seek the help of professionals.

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