

# Emotional Intelligence-EQ at Work Self Test

## QUICK Test Your Emotional Intelligence/EQ-EI At Work



### Yes/No

- \_\_\_\_\_1. Do you understand both your strengths and your weaknesses?
- \_\_\_\_\_2. Can you be depended on to take care of every detail?
- \_\_\_\_\_3. Are you comfortable with change and open to novel ideas?
- \_\_\_\_\_4. Are you motivated by the satisfaction of meeting your own standards of excellence?
- \_\_\_\_\_5. Do you stay optimistic when things go wrong?
- \_\_\_\_\_6. Can you see things from another person's point of view and sense what matters most to him or her?
- \_\_\_\_\_7. Do you let clients' needs determine how you serve them?
- \_\_\_\_\_8. Do you enjoy helping colleagues develop their skills?
- \_\_\_\_\_9. Can you read office politics accurately?
- \_\_\_\_\_10. Are you able to find "win-win" solutions in

negotiations and  
conflicts?

\_\_\_\_\_11. Are you the kind of person other people want on a  
team?

\_\_\_\_\_12. Are you usually persuasive?

**If you answered “yes” to six or more of these questions and if  
people who know you well would agree with you, then you have a  
high degree of emotional intelligence.**

**Source. Working With Emotional Intelligence, Bantam Books, New  
York, 1998.**

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