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Your EQ Quiz

Raise Your EQ (Emotional Intelligence) Minicourse

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Here are the questions you can use to find out your emotional strengths and weakness. Together they make up your emotional intelligence (EQ).

There are six sections of questions. Each section gives you a way to score the six fundamental components we each put together to create our emotional intelligence.

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Answer each question as honestly as you can. Remember this information is for *your own use*. You don't have to share it with anyone and you will not be graded! Accept your scores with a loving and compassionate attitude toward yourself and with openness and curiosity about where your strengths lie and where the places are you can strengthen to raise your EQ even more. We are all works in progress, and you are no exception!

So, with as much kindness and gentleness toward yourself as you can possibly muster, take the quiz, and enjoy!

The statements below each convey an aspect or ingredient that goes in to the making of every person's emotional intelligence. In the blank before each stage, rate how well or poorly you do with each of them by choosing a number between 0 (the lowest score) and 10 (the highest score).

Remember that this is not about being perfect or having to measure up, or failing to achieve or competing with others.

Your total score in each stage is merely an indicator of where you stand in terms of needing to carry out the growth tasks for that area of EQ that in turn contribute to your total EQ score.

These are ingredients that make up EQ for everyone, and everyone does better with them at some times than at others. Use this information to take care of yourself – to help you create for yourself the EQ that will promote feeling good about yourself, creating healthy, supportive relationships and undergoing smooth life passages in all your life seasons.

On a scale from 0 (lowest) to 10 (highest)

Existence and the Basic Ground of EQ

I am able to:

_____ Create the bonds with others that sustain me

_____ Discern and decide for myself when to trust
and when not to trust

_____ Know what I feel – whether scared, sad, mad, glad.

_____ Be aware of when I am tired or hungry
and take care of myself accordingly.

My current score is _____ out of a total possible score of 40.

Intuition and My World of Senses and Action

_____ I am able to:

_____ Find ways to satisfy my curiosity in healthy ways

_____ Provide for enough variety in my life to keep myself refreshed

_____ Balance sufficient activity with times of adequate rest

_____ Maintain my sustaining connections with others while exploring.

My current score is _____ out of a total possible score of 50.

My Thinking and Boundary-Making Self

I am able to:

_____ Know where I stop and someone else begins

_____ Create and maintain healthy boundaries

_____ Recognize others' boundaries and respect them

- whether or not I like or agree with them
- _____ Think about myself, my own life, my own problems
and think to find solutions
- _____ Be responsible for my commitments, including
my word with other people.

My current score is _____ out of a total possible score of 50.

My Self-Identity in My Social World

I am able to:

- _____ Establish who I am in a group of others without overpowering
or alienating others or giving up myself
- _____ Explore my ability to affect others in positive ways
- _____ Update my sense of self and who I am rather
than being rigid, fixated
- _____ Move from periods of uncertainty about myself
and my role in the social world to become
at peace with who I am
- _____ Accept and deal with the consequences of my own behavior
- _____ Allow others to accept and learn from the consequences
of their own behavior –or not learn, as they choose.

My current score is _____ out of a total possible score of 60.

My Skill Sets and How-to's for Life

I am able to:

- _____ Periodically update my skills
- _____ Review what I value as I grow older, and reset my priorities

- _____ Exhibit tolerance for others' ways of doing things
- _____ Contribute to society in positive ways
- _____ Disagree with others without blaming or criticizing them
- _____ Recognize and respectfully decline invitations to be used.

My current score is _____ out of a total possible score of 60.

Creation and Procreation in My Life

I am able to:

- _____ Adjust to my changing sexual maturity in healthy ways as I grow through early, middle and older adulthood.
- _____ Accept increasing responsibility for the contents of my life and make the changes I deem necessary to carry them out
- _____ Express my creativity in ways that are healthy for me and for society
- _____ Find ways to stand up to social injustice that do not harm me or others
- _____ Recognize that the world does not owe me a living, and stand on my own two feet; support myself
- _____ Accept support from others and support others in mutually beneficial exchanges
- _____ Take responsibility for my own health and well-being and make the life adjustments that will maintain them.
- _____ Acknowledge that my own reservoir of personal pain exists and take effective steps to heal it.

My current score is _____ out of a total possible score of 80.



Totaling

My biggest EQ strength is in the above area of

_____.

My lowest score, where I can focus my efforts to achieve the most improvement in my EQ is

_____.

Adding all my scores together, out of a possible score of 340, my overall score is

_____.

If I focus my efforts in the area of my lowest score, I can raise my EQ total to

_____.

Remember: with *each **one point*** you raise your EQ score, you can open exciting new horizons in your ongoing life journey.

Excerpted from

The Cycle of Life; Creating Smooth Passages in Every Life Season

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