## **Emotional Intelligence Test**

Name: Kezia Peterson

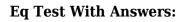
Date: March 10, 2023

**Instructions**: Please read each statement and select the most appropriate response to indicate how frequently you experience the behavior described in the statement. There are no right or wrong answers, and please answer as honestly as possible.

Statements	Never	Rarely	Sometimes	Often	Always
Self-awareness				Score:	19
I am aware of my emotions as they arise.	0	0	0	•	0
<ol><li>I am aware of how my emotions impact my behavior and decision-making.</li></ol>	0	0	0	•	0
3. I have a good sense of my own abilities and limitations.	0	0	•	0	0
4. I am aware of my own emotional triggers.	0	0	0	0	0
5. I am aware of how others perceive me.	0	0	0	•	0
Managing emotions				Score:	14
<ol><li>I am able to stay focused and think clearly even when experiencing powerful emotions.</li></ol>	0	0	•	0	0
7. I am able to manage stress in healthy ways.	0	0	•	0	0
8. I am able to bounce back quickly after setbacks.	0	0	•	0	0
9. I am able to calm myself down when I feel anxious or upset.	0	0	•	0	0
<ol> <li>I am able to control my temper and avoid saying or doing things I later regret.</li> </ol>	0	•	0	0	0
Motivating oneself				Score:	16
<ol> <li>I am able to regulate my own emotions to stay focused on my goals.</li> </ol>	0	0	•	0	0
<ol> <li>I am able to use my emotions to motivate myself towards my goals.</li> </ol>	0	0	•	0	0
13. I am able to stay motivated even when faced with obstacles and setbacks.	0	0	0	0	0
<ol> <li>I am able to delay gratification in pursuit of my goals.</li> </ol>	0	0	0	•	0
<ol><li>I am able to stay optimistic in the face of challenges.</li></ol>	0	0	•	0	0
Empathy				Score:	20
16. I am able to establish a sense of trust with others.	0	0	0	•	0
<ol> <li>I am able to express empathy in a way that feels genuine to others.</li> </ol>	0	0	0	•	0
<ol> <li>I am able to respond appropriately to the emotions of others.</li> </ol>	0	0	0	•	0
19. I am able to understand the perspective of others.	0	0	0	•	0
20. I am able to sense the emotions of others.	0	0	0	0	0

# **Eq Test With Answers**

**Christian Drosten** 



Whispering the Strategies of Language: An Mental Journey through **Eq Test With Answers** 

In a digitally-driven world where displays reign supreme and immediate conversation drowns out the subtleties of language, the profound secrets and mental nuances concealed within phrases usually go unheard. However, situated within the pages of **Eq Test With Answers** a charming literary treasure blinking with raw feelings, lies an exceptional journey waiting to be undertaken. Composed by a skilled wordsmith, this marvelous opus invites viewers on an introspective journey, softly unraveling the veiled truths and profound affect resonating within ab muscles cloth of each word. Within the emotional depths of the emotional evaluation, we can embark upon a sincere exploration of the book is key styles, dissect their captivating publishing type, and fail to the strong resonance it evokes deep within the recesses of readers hearts.

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