

## Emotional Intelligence Quiz - How well do you deal with your Feelings and Emotions?

Here's a quick, self-rating, self-scoring quiz to determine your basic level of EQ.

**Instructions:** Rate yourself between 1 and 5 using the following scale.

1: Not at all    2    3: So-so    4    5: Totally and completely

### 1. Awareness

When your body feels something (fear, anger, sadness, shame, guilt, etc.), do you notice and affirm your feelings?

1    2    3    4    5

### 2. Identification

When you notice that you're feeling something, how well can you identify or name the feeling you are having?

How well can you separate them (for example, fear vs. anger)?

1    2    3    4    5

### 3. Acceptance

How "Ok" with you is it when you feel mad, or sad, or afraid?

1    2    3    4    5

### 4. Expression

How well do you express your feelings and let them out, as opposed to stuffing or bottling them up inside?

1    2    3    4    5

### 5. Release

Once your body feels a negative, yucky feeling, how well can you let go of that feeling and let it dissipate?

1    2    3    4    5

### 6. Replace

How skilled are you at replacing "negative" feelings (anger, sadness, fear) with more "positives" (love, joy, peace)?

1    2    3    4    5

### 7. Rejoice!

How well do you encourage and respect your feelings, complementing yourself for your awareness and expression?

1    2    3    4    5

**Scoring:** Add up your 7 answers. \_\_\_\_\_

**Results:** If your score was between:

#### 25-35 Excellent EQ!

You are fully aware of what's happening inside you. Way to go.... my guess is that you are pretty darned happy, in general.

#### 15-25 Median EQ.

There's still plenty to learn. There's a whole world inside you that you may not be fully aware of or have access to. Do some work in this area and you will find more color, fire and depth to your life!

#### 0-15 Yikes -- Low EQ!

You're clueless, and probably in pain! Learn EQ, fast.