

How Emotionally Intelligent Are You? (The Trait Emotional Intelligence Questionnaire – Adolescent Short Form, TEIQue-SF)

Instructions

Emotional intelligence has also been examined – and measured, as a trait; an individual difference. This 30-item measure assesses emotional intelligence as a trait, and has been specifically designed for adolescents. State the extent to which you agree, or disagree to each of the statements below.

	Strongly Disagree	Disagree	Somewhat Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
1. Expressing my emotions with words is not a problem for me.						
2. I often find it difficult to see things from another person’s viewpoint.						
3. On the whole, I’m a highly motivated person.						
4. I usually find it difficult to regulate my emotions.						
5. I generally don’t find life enjoyable.						
6. I can deal effectively with people.						
7. I tend to change my mind frequently.						
8. Generally, I find it difficult to know exactly what emotion I’m feeling.						
9. On the whole, I’m comfortable with the way I look.						
10. I often find it difficult to stand up for my rights.						
11. I’m usually able to influence the way other people feel.						
12. On the whole, I have a gloomy perspective on most things.						
13. Those close to me often complain that I don’t treat them right.						
14. I often find it difficult to adjust my life according to circumstances.						
15. On the whole, I’m able to deal with stress.						
16. I often find it difficult to show my affection to those close to me.						
17. I’m normally able to “get into Someone’s shoes” and experience their emotions.						
18. I normally find it difficult to keep myself motivated.						
19. I’m usually able to find ways to control my emotions when I want to.						

20. On the whole, I'm pleased with my life.						
21. I would describe myself as a good negotiator.						
22. I tend to get involved in things I later wish I could get out of.						
23. I'm generally aware of my emotions as I experience them.						
24. Given my circumstances, I feel good about myself.						
25. I tend to "back down" even if I know I'm right.						
26. I don't seem to have any power at all over other people's feelings.						
27. I generally believe that things will work out fine in my life.						
28. I find it difficult to bond well even with those close to me.						
29. Generally, I'm able to adapt to new environments.						
30. Others admire me for being relaxed.						

Scoring

Total Trait Emotional Intelligence score = Average Items 1-30.

Reverse Scoring

Items 2, 4, 5, 7, 8, 10, 12, 13, 14, 16, 18, 22, 25, 26 and 28 are reverse-scored.

Interpretation

Higher scores on this measure indicate higher levels of trait emotional intelligence. One study of more than 800 respondents showed men reporting a trait EI score of 5.02, while women scored an average of 5.18.

Reference

Cooper, A., & Petrides, K. V. (2010). A psychometric analysis of the Trait Emotional Intelligence Questionnaire–Short Form (TEIQue–SF) using item response theory. *Journal of Personality Assessment*, 92(5), 449-457.