

## How Emotionally Intelligent and Competent are You? (The Short Profile of Emotional Competence, S-PEC)

### Instructions

Here's another measure of emotional intelligence consisting of 20-item to assess emotional intelligence skills and competencies both in relation to oneself (e.g. identifying and understanding own emotions) and others (e.g. identifying and understanding another's emotions). To assess these emotional intelligence and competencies, state the extent to which the statements below represent you or otherwise.

	Very much unlike me	Somewhat unlike me	Neither nor	Somewhat like me	Very much like me
1. When I am touched by something, I immediately know what I feel.					
2. When I feel good, I can easily tell whether it is due to being proud of myself, happy or relaxed.					
3. I do not always understand why I respond in the way I do					
4. When I am feeling low, I easily make a link between my feelings and a situation that affected me.					
5. I find it difficult to explain my feelings to others even if I want to.					
6. I am good at describing my feelings.					
7. When I am angry, I find it easy to calm myself down.					
8. I find it difficult to handle my emotions.					
9. My emotions inform me about changes I should make in my life.					
10. I never base my personal life choices on my emotions.					
11. I am good at sensing what others are feeling.					
12. Quite often I am not aware of people's emotional state.					
13. I do not understand why the people around me respond the way they do.					
14. Most of the time, I understand why the people feel the way they do.					
15. Other people tend to confide in me about personal issues.					
16. I find it difficult to listen to people who are complaining.					
17. When I see someone who is stressed or anxious, I can easily					

<b>calm them down.</b>					
<b>18. I someone came to me in tears, I would not know what to do.</b>					
<b>19. I can easily get what I want from others.</b>					
<b>20. If I wanted, I could easily make someone feel uneasy.</b>					

### Scoring

- Total Emotional Competence score = Average Items 1-20.
- Total Identification-Self score = Average items 1-2.
- Total Understanding-Self score = Average items 3-4.
- Total Expression-Self score = Average items 5-6.
- Total Regulation-Self score = Average items 7-8.
- Total Use-Self Score = Average items 9-10.
- Total Identification-Others score = Average items 11-12.
- Total Understanding-Others score = Average items 13-14.
- Total Listening-Others score = Average items 15-16.
- Total Regulation-Others score = Average items 17-18.
- Total Use-Others score = Average items 19-20.

### Reverse Scoring

Items 3, 5, 8, 10, 12, 13, 16 and 18 are reverse-scored.

### Interpretation

Higher scores indicate higher emotional competence. Take note of the scores obtained between your ‘self’ and ‘other’ dimensions, if one is substantially higher than the other, this may reflect better emotional competencies in one form relative to the other.

### Reference

Mikolajczak, M., Brasseur, S., & Fantini-Hauwel, C. (2014). Measuring intrapersonal and interpersonal EQ: The Short Profile of Emotional Competence (s-pec). *Personality and Individual Differences, 65*, 42-46.