

How Emotionally Intelligent are You? (The Self-Rated Emotional Intelligence Scale)

Instructions

Emotional intelligence is the ability to understand, perceive and use emotions to facilitate thought and behaviours towards effective functioning and/or performance. Self-rated emotional intelligence tests are sometimes used as alternatives to ability-based tests of emotional intelligence. The following statements relate to your emotions. State the extent to which each statement describes you. There are 19 items in total. There are no right or wrong answers, so please answer as honestly as you can. Describe yourself as you are, not who you wish to be.

	Very Inaccurate	Moderately Inaccurate	Neither Nor	Moderately Accurate	Very Accurate
1. By looking at people's facial expressions, I recognize the emotions they are representing.					
2. I am a rational person and I rarely, if ever, consult my feelings to make a decision.					
3. I have a rich vocabulary to describe my emotions.					
4. I have problems dealing with my feelings of anger.					
5. When someone I know is in a bad mood, I can help the person calm down and feel better quickly.					
6. I am aware of the nonverbal messages other people send.					
7. When making decisions, I listen to my feelings to see if the decision feels right.					
8. I could easily write a lot of synonyms for emotion words like happiness or sadness.					
9. I can handle stressful situations without getting too nervous.					
10. I know the strategies to make or improve other people's moods.					
11. I can tell when a person is lying to me by looking at his or her facial expression.					
12. I am a rational person and don't like to rely on my feelings to make decisions.					
13. I have the vocabulary to describe how most emotions progress from simple to complex feelings.					
14. I am able to handle most upsetting problems.					
15. I am not very good at helping others to feel better when they are feeling down or angry.					
16. My quick impressions of what people are feeling are usually wrong.					
17. My "feelings" vocabulary is probably better than most other persons' "feelings" vocabularies.					

18. I know how to keep calm in difficult or stressful situations.					
19. I am the type of person to whom others go to when they need help with a difficult situation.					

Scoring

Total emotional intelligence score = Average items 1-19.

Reverse Scoring

Items 2, 4, 15 and 16 are reverse-scored.

Interpretation

The average score for this self-report measure is 3.46 per 5 from a sample of more than 280 respondents. Men score an average of 3.49, while women score 3.44, though this difference in score is not statistically significant.

Reference

Brackett, M. A., Rivers, S. E., Shiffman, S., Lerner, N., & Salovey, P. (2006). Relating emotional abilities to social functioning: a comparison of self-report and performance measures of emotional intelligence. *Journal of Personality and Social Psychology*, 91(4), 780-795.