

Emotional Intelligence Test PDF

The following questions represent common signs of emotional intelligence:

- Do you tend to stay calm under pressure?
- Do you often handle setbacks effectively?
- Do you often use other people's criticism and feedback for growth?
- Are you often able to see things from others' perspective?
- Are you often aware of how your behavior affects others?
- Are you usually able to listen without jumping to judgment?
- Do you tend to freely admit to making a mistake and reflecting on it?
- Are you usually able to assert yourself, including expressing your feelings and asking for what you want?

Notes
