

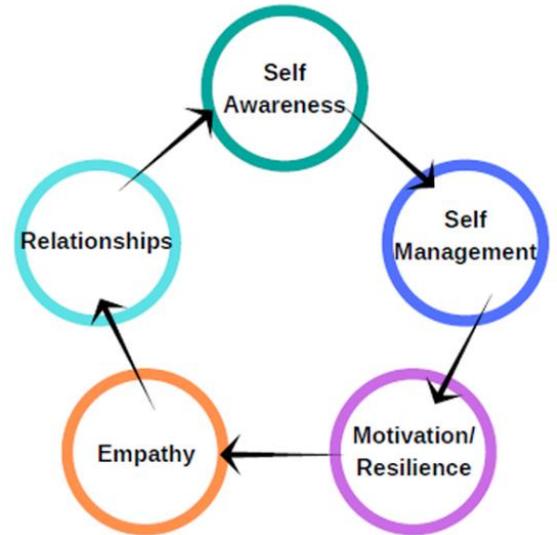


EMOTIONAL INTELLIGENCE (EQ) QUESTIONNAIRE

Complete the following questionnaire by giving each statement a score from 1 to 5 using the following key scale:

- 1 = Rarely like me
- 2 = Occasionally like me
- 3 = Sometimes like me
- 4 = Often like me
- 5 = Always (or almost always) like me

Once completed, transfer your answers on to the results sheet and discover your current EQ levels.



1. I know the situations and / or people that are likely to make me angry.
2. When I have completed a difficult action, I make sure to appreciate my work.
3. When writing a message or email I consider how the person receiving it will feel.
4. I always give credit publicly to those who help me.
5. When things go wrong or I am disappointed in an outcome, I am still optimistic about better
1. outcomes.
6. When I get angry or frustrated, I am able to discover the cause.
7. When I get angry or frustrated, I remain composed in my behaviours.
8. I am able to recognise when others are nervous around me.
9. I am open to thoughts and suggestions of others even if they disagree with me.
10. I view problems as challenges to resolve.
11. I realise when my energy is low.
12. I am clear about what actions I need to take after meeting with others.
13. When I am in a small group situation, I attempt to assess the mood of each person.
14. When with someone who is angry or frustrated, I adjust my behaviour to work with them.
15. Upon receiving bad news I give myself time to reflect, absorb and then move on.
16. I am aware of the impact my communication has on others.
17. I admit to my own mistakes.

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18. I try to identify and understand the emotions and feelings of others.
19. I am patient with others while teaching them something new.
20. When I feel disappointed, I am able to express that disappointment and keep going.
21. I am aware how my mood and communication might affect others around me.
22. I observe others to model and learn new behaviours or skills beneficial to me.
23. If someone shows frustration, anger, or irritation I try to understand what they are feeling.
24. I welcome feedback from others.
25. I am able to accept and adjust when major plans are changed.
26. When feeling sad or down I can identify the cause.
27. When a bad mood comes over me, I am able to remain patient with others.
28. I put myself in the place of others to understand how they feel and how I might feel in that situation.
29. I encourage others to give me feedback even if they disagree with me.
30. When upset about a personal issue I find it difficult to concentrate.

RESULTS SHEET

SELF AWARENESS	SELF MANGEMENT SELF-REGULATION	EMPATHY	RELATIONSHIPS SOCIAL SKILLS	MOTIVATION RESILIENCE
1.	2.	3.	4.	5.
6.	7.	8.	9.	10.
11.	12.	13.	14.	15.
16.	17.	18.	19.	20.
21.	22.	23.	24.	25.
26.	27.	28.	29.	30.
TOTAL:	TOTAL:	TOTAL:	TOTAL:	TOTAL:

SCORES

6 – 12 Room for Improvement | 13 – 23 Good / Effective | 24 – 30 Excellent / Highly Effective

Seeing your results, you now know where you fall in the 5 key elements (self-awareness, self-management/regulation, empathy, motivation, and relationships/social skills). Using Shamanic Work, EQ tools and strategies I can help you grow in these areas! I would love to work with you.

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