

EMOTIONAL INTELLIGENCE EDUCATION PROGRAM

Self-Awareness Assessment: Reflection Quiz

This assessment helps you gain a better understanding of your ability to:

- Accurately identifying your emotions
- Know why you react to situations
- Recognize how your reactions impact others
- Appreciate how other people’s emotions impact you

Read each statement carefully and respond as honestly as possible.

	Strongly agree (4 points)	Somewhat agree (3 points)	Somewhat disagree (2 points)	Strongly disagree (1 point)
I can describe my emotions in the moment I experience them.				
I am good at understanding where others are coming from when they are really upset.				
I’m aware of what might trigger my emotions or reactions.				
I can easily tell the difference between similar emotions, such as fear, apprehension, and concern.				
I’m aware of the effect what I do or say has on others.				
I can usually pinpoint exactly why I reacted a certain way.				
I’m comfortable speaking to others about their emotions and feelings.				

Adapted from the Workplace Strategies for Mental Health EI Assessment Tool
<https://www.workplacestrategiesformentalhealth.com/resources/emotional-intelligence-methodology>

SCORING

26 and above: High level of self-awareness.

You recognize your emotions, the causes and impact of your emotions.

18-25: Moderate level of self-awareness.

Think about emotional intensity and triggers. Practice mindfulness every day.

17 or less: Low level of self-awareness.

Self-awareness is the core of emotional intelligence. Remember with knowledge and practice you can increase your self-awareness. Reflect on your emotions and practice mindfulness every day. Recognize emotional intensity and triggers. Think about how you manage and use your emotions.