

EQ Emotional Intelligence Test

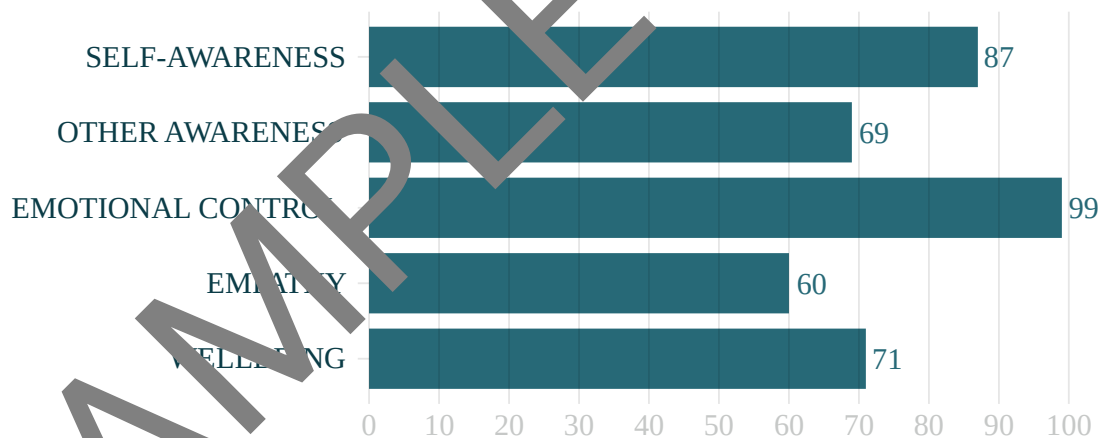
RESULTS FOR: SAMPLE
SEPTEMBER 18, 2024 - 1:55PM

What is Emotional Intelligence?

Emotional Intelligence (EQ) is your ability to understand and manage your emotions and connect with others in a healthy and positive way. EQ describes a broad range of skills and capabilities, from your ability to calm yourself down when you're upset to your ability to read the facial expressions of others. Our research has shown that Emotional Intelligence is made up of five unique factors:

- **Self-Awareness:** The ability to understand how you feel and why.
- **Other Awareness:** The ability to understand the feelings of other people.
- **Emotional Control:** The ability to control your emotions and behavior.
- **Empathy:** The ability to understand and relate to the feelings of others.
- **Wellbeing:** The ability to care for your physical and emotional health.

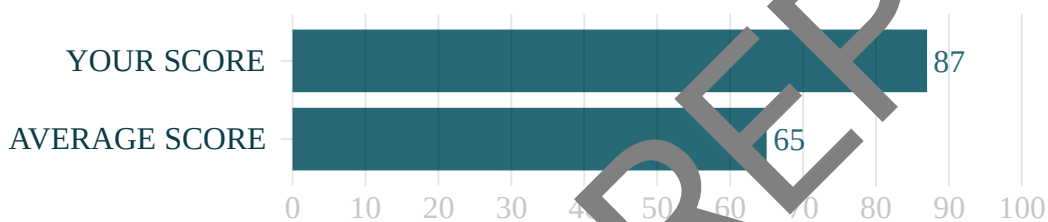
By understanding your strengths and weaknesses in these areas, you can better navigate your relationships, career and life. Below, you will see how you scored in each of the five areas and the practical implications of your scores.



Self-Awareness

Self-awareness is the ability to understand what you're feeling and why. High scorers are more likely to be in touch with their emotions. They're also more likely to be reflective, frequently pondering the reasons behind their emotional reactions and asking themselves, "Why am I feeling this way?" In contrast, those who score lower in self-awareness are less likely to pay attention to and understand their feelings, and may react strongly to emotional triggers without being able to identify where their response is coming from.

People High in Self-Awareness are:	People Low in Self-Awareness are:
<ul style="list-style-type: none">• Insightful• Reflective• Emotionally attuned• Thoughtful• Introspective	<ul style="list-style-type: none">• Externally focused• Less contemplative• Emotionally reactive• Present-focused• Less aware of their own emotional patterns



Your Self-Awareness is High

Your high score in self-awareness suggests that you're excellent at understanding your emotions and why you're feeling them. You're likely able to identify your emotional states with precision and understand the nuances of your reactions, which can often help in navigating emotional situations.

At Work

With a deep understanding of your emotions, you're able to recognize and articulate your feelings about projects, colleagues and challenges with clarity. Your self-awareness may also help you express your thoughts and concerns in a clear and constructive manner. Your ability to understand your emotional triggers can also help you recognize and deal with stressors, leading to more informed and balanced decision-making. This level of self-awareness can enhance your leadership potential, as you're better equipped to reflect on your actions and adapt your approach based on your emotional state. However, it's important to ensure that your self-awareness doesn't turn into over-analysis, which can hinder action.

In Relationships

Your self-awareness allows you to engage authentically and deeply with others. You're able to share your emotions with clarity and insight, which fosters open and honest communication. This ability to articulate your feelings makes it easier for your partner, friends and family to understand your perspective, leading to stronger, more meaningful connections. Your self-awareness also enables you to recognize and address any emotional patterns or behaviors that might impact your relationships, allowing you to grow and improve as a partner or friend. However, it's important to balance this self-reflection with an openness to others' viewpoints, ensuring that your relationships remain reciprocal and not overly focused on your own inner world.

How to Use This Strength

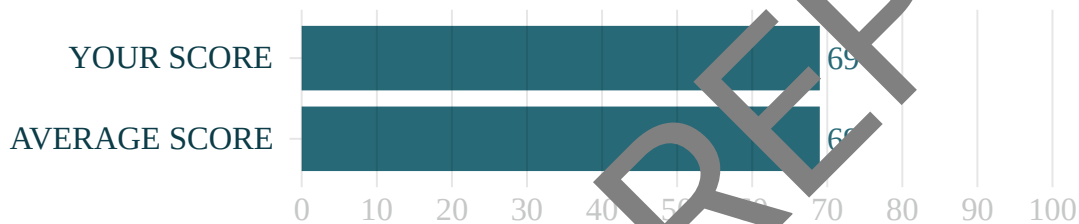
- **Mentor others:** Consider using your self-awareness as a tool for leadership. Your ability to recognize and articulate emotions can make you an excellent mentor or mediator in both professional and personal situations.
- **Look for opportunities to excel:** Consider roles or projects that require high emotional intelligence, as your self-awareness provides a strong foundation for understanding and managing both your own emotions and those of others.

Leveraging your strong self-awareness through mentoring and seeking emotionally demanding roles will not only enhance your leadership skills but also create opportunities for personal growth and positive impact on others in both professional and personal spheres.

Other Awareness

Other awareness is the ability to sense and understand how other people are feeling. High scorers often pay attention to nonverbal cues like body language and facial expressions, which can provide valuable information about others' emotional states. They're also able to interpret these cues and understand what's going on beneath the surface. In contrast, those who score lower on this factor may struggle to accurately interpret nonverbal cues, potentially leading to misunderstandings or missed opportunities for social connection.

People High in Other Awareness are:	People Low in Other Awareness are:
<ul style="list-style-type: none">• Perceptive• Empathetic• Intuitive• Observant• Socially aware	<ul style="list-style-type: none">• Less attuned to social cues• May overlook others' feelings• Prone to misunderstandings• Less responsive to nonverbal communication• Self-focused in social situations



Your Other Awareness is Moderate

Your medium score in other awareness suggests that you're pretty good at reading people's emotional cues, but there may be times when you miss more subtle or complex emotional signals.

At Work

You're probably able to navigate most social situations well, sensing when a colleague is stressed, excited or frustrated. This ability naturally helps you collaborate and respond appropriately to the emotional climate of your team. However, there may be times when you miss less obvious cues, such as subtle signs of discomfort or disagreement. In these situations, you might need to ask for clarification to fully understand the emotional context, which can help prevent misunderstandings and improve your interactions.

In Relationships

You can generally gauge the emotional temperature of another person and adjust your behavior accordingly, which contributes to positive and constructive interactions. You're likely skilled at adjusting your behavior to suit the emotional needs of those around you, which contributes to healthy and balanced relationships. However, you might occasionally overlook more subtle emotional signals, leading to moments where you're unsure how someone feels or why they're reacting a certain way. In these cases, it's helpful to communicate openly and ask questions to gain a clearer understanding.

How to Develop Your Skills

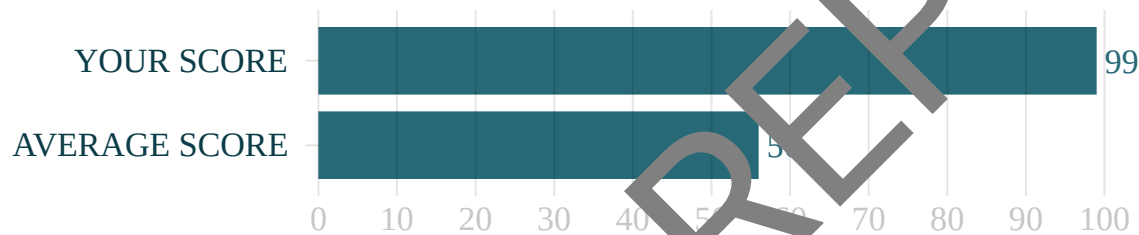
- **Zoom into the details:** Pay attention to small changes in people's behavior to get better at picking up clues about how they're feeling.
- **Practice active listening:** When someone is talking, really focus on what they're saying. Maintain eye contact, avoid interrupting and ask thoughtful questions.
- **If you're not sure, ask:** Don't be afraid to ask people how they're doing or if they're okay. If you think you may be misunderstanding how someone feels, ask them to clarify.

By honing your observation skills, practicing active listening, and seeking clarification when needed, you can further develop your social awareness. This will enhance your ability to understand and respond to others' emotions, leading to more effective communication and stronger relationships in both professional and personal contexts.

Emotional Control

Emotional control is the ability to regulate and manage your emotions. High scorers are often able to control their emotions and can direct their feelings in a way that serves their goals and wellbeing. They're more likely to stay calm under pressure and can quickly recover from negative emotions or bad moods. In contrast, those who score lower on this factor may be more moody, feel more easily overwhelmed and often become distracted by negative emotions.

People High in Emotional Control are:	People Low in Emotional Control are:
<ul style="list-style-type: none">• Resilient• Calm under pressure• Composed• Emotionally balanced• Goal-oriented	<ul style="list-style-type: none">• Prone to mood swings• Easily affected by emotions• Struggle with self-regulation• Reactive in challenging situations• Slower to recover from emotional setbacks



Your Emotional Control is High

Your high score in emotional control suggests that you have a strong ability to regulate and manage your own emotions. You're skilled at directing your emotions in ways that support your goals and wellbeing. Even in challenging situations, you tend to maintain your composure, and you can usually moderate your reactions.

At Work

You're able to remain calm and composed even in high-pressure situations. This makes you a valuable asset in the workplace, particularly in roles that require clear-headed decision-making during crises or in fast-paced environments. Your ability to handle criticism constructively means you're open to feedback and can use it to improve your performance without taking it personally. Similarly, you can channel your enthusiasm productively without getting carried away by excitement. This quality also positions you as a stabilizing force within your team, helping to create and maintain a productive atmosphere. Colleagues may look to you for guidance during challenging times, as your calm demeanor can help diffuse tension and keep everyone focused on achieving their goals. However, it's important to ensure that your composure doesn't come across as detached or unapproachable, as this could hinder open communication.

In Relationships

You have a calm, measured and thoughtful approach to relationships, which helps prevent conflicts and misunderstandings. Your ability to maintain composure ensures that your interactions are constructive and peaceful, fostering strong and healthy relationships. You can also share in others' joys and excitements without losing perspective. Your partner, friends and family likely appreciate your steady presence and your ability to listen and respond without overreacting. However, it's essential to balance this control with emotional openness, ensuring that your loved ones feel you're emotionally available and able to share how you feel with healthy vulnerability.

How to Use This Strength

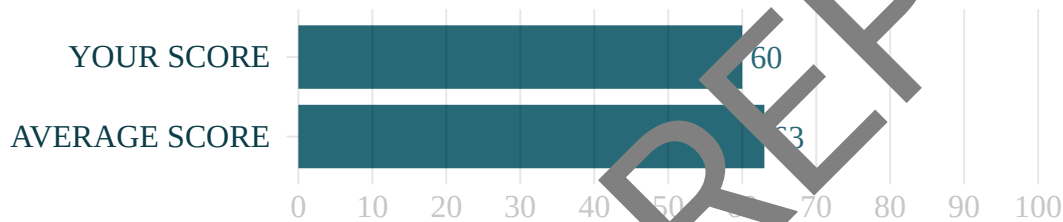
- Find the right fit: Consider roles or projects that require high levels of stress management and emotional stability, such as leadership positions, crisis management or other high-pressure environments.
- Mentor Others: Use your strength to mentor others, helping them develop their own emotional regulation skills.
- Practice healthy emotional expression: While strong emotional control is a strength, ensure you're not suppressing emotions to an unhealthy degree. Allow yourself to experience and express emotions authentically when appropriate, including moments of joy and excitement.

By seeking roles that leverage your emotional stability, mentoring others, and balancing control with authentic expression, you can maximize the benefits of your high emotional control. This approach will enhance your leadership potential, strengthen your relationships, and contribute to your overall emotional intelligence and wellbeing.

Empathy

Empathy is the ability to understand and relate to what other people are feeling. High scorers are genuinely affected by the emotions of others. They're also more likely to care deeply for the wellbeing of others and may frequently engage in altruistic behaviors such as donating to charity or volunteering their time to help others. In contrast, those who score lower on this factor may have more difficulty understanding and sharing the emotions of others, and may be less inclined to engage in altruistic behaviors.

People High in Empathy are:	People Low in Empathy are:
<ul style="list-style-type: none">• Compassionate• Understanding• Caring• Altruistic• Emotionally responsive	<ul style="list-style-type: none">• More logical than emotional• Less affected by others' feelings• Find it harder to relate to others' experiences• Prioritize fairness over compassion• Less likely to engage in altruistic behaviors



Your Empathy is Moderate

Your medium score in empathy indicates that you have a balanced ability to understand and relate to others' emotional experiences. You likely connect with how other people feel in many situations, but there may be specific contexts where you find it more challenging to empathize.

At Work

You're likely able to focus on what needs to get done while also maintaining an awareness of your colleagues' emotional states. This balance is valuable in most work environments, as it allows you to remain focused on objectives while also being considerate of team dynamics. You probably excel in collaborative settings, where understanding different perspectives is key to reaching a consensus or solving complex problems. However, there may be times when you find it challenging to empathize with colleagues whose emotions seem out of proportion to the situation. In such cases, it's helpful to draw on your empathy to better understand where others are coming from, which can prevent conflicts and foster a more supportive work environment.

In Relationships

You're able to connect with others' emotions without becoming overwhelmed by them. You're generally responsive to the emotional needs of those around you, which helps in building and maintaining strong, healthy relationships. However, there might be certain situations or specific individuals with whom you find it harder to empathize. This can occasionally lead to misunderstandings or feelings of emotional distance. To mitigate this, it's important to be mindful of the contexts in which you find empathy more challenging and to make a conscious effort to engage more deeply in those situations. Overall, your ability to empathize contributes positively to your relationships, but there's room for growth.

How to Develop Your Skills

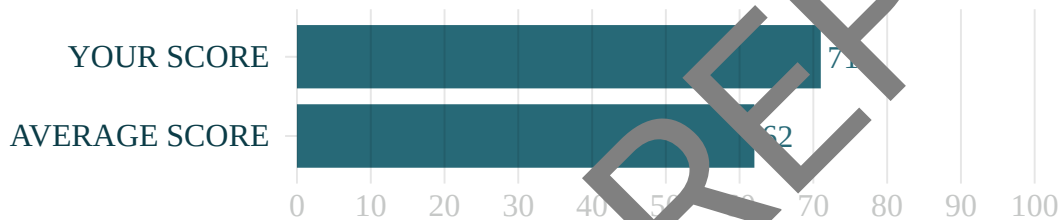
- Find opportunities to practice empathy: Practice using your empathetic strengths in team settings or when mediating conflicts.
- View challenges as growth opportunities: When you encounter situations that challenge your empathy, rather than getting frustrated, becoming judgmental or closing off from other people, see them as chances to expand your understanding.
- Seek diverse perspectives: Consider volunteering, engaging in community service or reading fiction that offers varied viewpoints. These experiences can help broaden your understanding of different emotional experiences.

By actively practicing empathy, embracing challenging situations as growth opportunities, and exposing yourself to diverse perspectives, you can further enhance your empathetic abilities. This will lead to deeper connections with others, improved conflict resolution skills, and greater effectiveness in both your professional and personal relationships.

Wellbeing

Wellbeing refers to your overall state of psychological, emotional and social health. High scorers have a positive outlook on life, even when faced with challenges, and generally find joy and fulfillment in daily experiences. They have strong social skills and likely find it easier to connect with others and build positive relationships. In contrast, those with lower wellbeing may find it more difficult to connect with others or find joy in social situations, and may struggle with confidence or optimism.

People High in Wellbeing are:	People Low in Wellbeing are:
<ul style="list-style-type: none">• Optimistic• Socially connected• Content• Confident• Happy	<ul style="list-style-type: none">• Prone to stress or anxiety• Dissatisfied• Cautious or pessimistic• Find social connections more challenging• Focused on their weaknesses



Your Wellbeing is Moderate

Your medium score in wellbeing suggests that you have a balanced sense of psychological, emotional and social wellbeing. You likely experience joy and satisfaction in many areas of your life, but there may be times when it's harder to maintain a positive outlook or connect with others.

At Work

You likely encounter a mix of positive and challenging moments at work. You can generally maintain a positive attitude and handle stress reasonably well, though there may be times when you find it difficult to stay motivated or engaged. You're most fulfilled when you enjoy your work and can see its value, and you likely have pretty good relationships with most of your colleagues. However, there may be periods where stress or your workload impacts your wellbeing, leading to fluctuations in your mood or energy levels.

In Relationships

You generally feel comfortable in relationships and can form connections with others, though you might experience mental and emotional ups and downs that can impact your relationships. There may be times when you feel less engaged, less socially confident or find it harder to connect with people on a deeper level. It's important to recognize when you feel this way so that you can take steps to improve your mood and navigate your feelings more effectively.

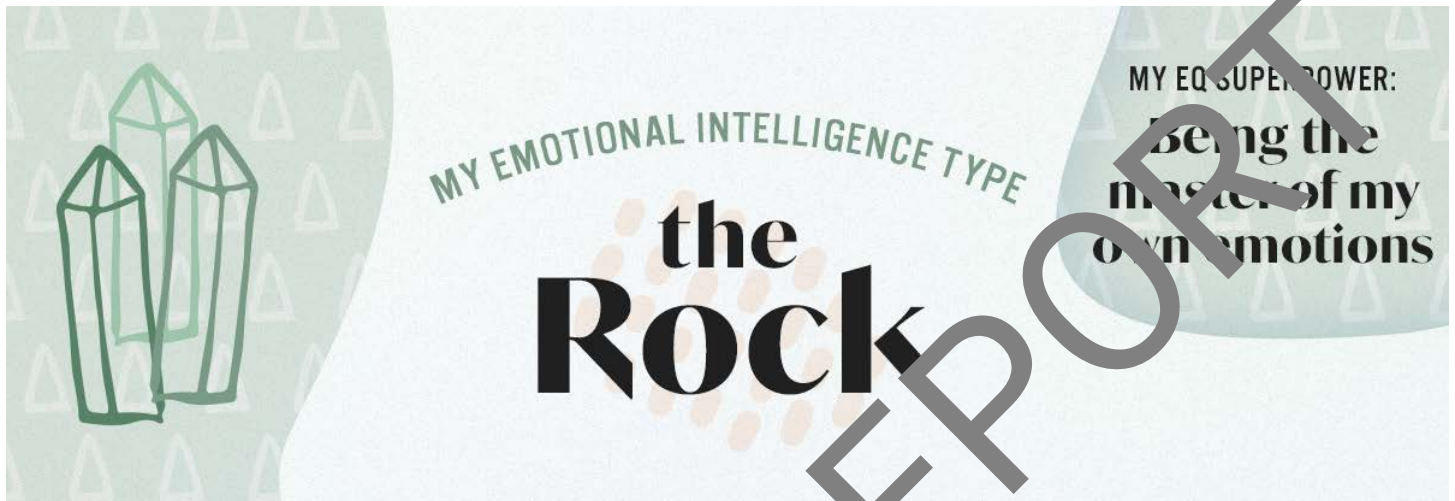
How to Develop Your Skills

- Practice gratitude: Start a gratitude journal or take a few minutes each day to reflect on the things in your life that make you feel thankful. Pay attention to what things make you feel happiest and try to incorporate more of these into your daily life.
- Try new things: Think of improving your wellbeing as an experiment, and test out different experiences, including things you might normally avoid, to find the ones that make you happiest. Then, incorporate more of those experiences into your daily life. What you discover may surprise you!
- Practice self-care: Make sure you're getting enough sleep, eating healthy and exercising. These things can help improve your overall wellbeing.

By cultivating gratitude, exploring new experiences, and maintaining consistent self-care practices, you can further enhance your overall wellbeing. These habits will help you find more joy in daily life, increase your resilience during challenging times, and foster deeper connections in both your professional and personal relationships.

Your EQ Type

Your EQ type is based on your most prominent strength within the factors of emotional intelligence. Your strongest factor is likely to be your most valuable resource as you navigate your emotional life, and will also characterize the strengths and weaknesses you bring to your inner world and your relationships with others.



You're The Rock

Your EQ superpower is being the master of your own emotions. As a Rock, your remarkable self-control allows you to maintain calm and composure, even in high-pressure situations, which instills confidence and stability in those around you. However, this emotional steadiness might sometimes be perceived as emotional distance, so it's important to remain open to expressing vulnerability.

Work Style

You excel in roles that require focus and composure, especially during crises or high-stress situations. While your calmness is a strength, make an effort to connect emotionally with your team, balancing your stability with moments of openness to build trust.

Handling Stress

You manage stress by staying composed, but the tendency to internalize it can lead to burnout. It's essential to find healthy outlets for emotions, such as physical activity or reflective practices, to prevent stress from accumulating.

Approaching Conflict

You approach conflict with a level-headed demeanor, often acting as a stabilizing force. However, it's important to express your own emotions and engage with the emotional aspects of conflicts, ensuring that all perspectives are understood and conflicts are resolved on a deeper level.

Decision-Making Style

You prefer to make decisions based on logic and a steady evaluation of the facts. While this reliable approach is effective, consider the emotional factors that could influence the impact of your decisions on others. Combining emotional intelligence with logical analysis will lead to well-rounded decisions.

Leadership and Influence

As a leader, you provide stability and reassurance, especially in crisis situations. Your calm nature is a significant strength, but connecting with your team on an emotional level is equally important. By blending stability with emotional engagement, you can lead with both strength and empathy.

Resources

Understanding your emotional intelligence is just the beginning of your journey towards greater self-awareness, a more meaningful career path and better relationships. To deepen your understanding and apply these insights in various areas of your life, we encourage you to explore further:

- Learn more about [what emotional intelligence really means](#) and how it impacts your daily life.
- Understand how emotional intelligence can boost performance, improve collaboration and [enhance your effectiveness in the workplace](#).
- Discover [how emotional intelligence can transform your personal relationships](#) and strengthen your relationships with others.

These resources provide valuable strategies for developing and applying your emotional intelligence skills in real-world situations. For more articles and insights on emotional intelligence, visit our [emotional intelligence page](#) on the TrueYou Journal or check out any of these articles:

- [How and Why You Should Be Vulnerable at Work](#)
- [6 Workplace Habits that Show You're More Emotionally Intelligent Than You Realize](#)
- [What Does it Mean to Have Emotional Intelligence in the Workplace?](#)
- [What Does Emotional Intelligence in Leadership Look Like?](#)
- [EQ is the Most Important Predictor of Success at Work – Here's How You Can Increase Your Emotional Intelligence](#)
- [Is Empathy the Missing Ingredient to a Happy Workplace?](#)
- [What Role Does Emotional Intelligence Play in Overall Relationship Satisfaction?](#)

Remember, emotional intelligence is a skill you can continuously develop, leading to more fulfilling relationships, better decision-making and greater overall wellbeing.