

This test will allow you to know your emotional intelligence and you may also test your family and friends.

This emotional intelligence test measures three key dimensions:

1. **Attention:** I am able to feel and express feelings properly
2. **Clarity:** I understand my states well
3. **Reparation:** I am able to regulate emotional states correctly

Once the questionnaire is completed, it is time to correct it so that you can find your score in the Emotional Intelligence test. We are about to correct the emotional intelligence test! To correct and get a score on the three factors of emotional intelligence, you must add items 1 to 8 to find the score of the emotional attention factor, items 9 to 16 for the emotional clarity factor and 17 to 24 for the emotional repair factor. Then you should look at your score on the following tables. Keep in mind that you should look at the scores on the left if you are a man and the scores on the right if you are a woman.

Attention

Scores for Men	Scores for Women
Should improve attention: pays little attention < 21	Should improve attention: pays little attention < 24
Adequate Attention 22 a 32	Adequate Attention 25 a 35
Should improve attention: pays too much attention > 33	Should improve attention: pays too much attention > 36

Clarity

Scores for Men	Scores for Women
Should improve clarity < 25	Should improve clarity < 23
Adequate clarity 26 a 35	Adequate clarity 24 a 34
Excellent clarity > 36	Excellent clarity > 35

Reparation

Scores for Men	Scores for Women
Should improve reparation < 23	Should improve reparation < 23
Adequate reparation 24 a 35	Adequate reparation 24 a 34
Excellent reparation > 36	Excellent reparation > 35

24 questions to evaluate your emotional intelligence

You should read the following statements about your emotions and feelings and indicate your degree of agreement or disagreement.

1	2	3	4	5
Strongly				
Disagree	Disagree	Undecided	Agree	Strongly Agree

Do not forget that there are no right or wrong answers, mark the one that most closely approximates your preferences and, do not spend too much time on each item.

1.	I pay close attention to feelings.	1	2	3	4	5
2.	I usually worry about what I feel	1	2	3	4	5
3.	I usually spend time thinking about my emotions.	1	2	3	4	5
4.	I think it pays to pay attention to my emotions.	1	2	3	4	5
5.	I let my feelings affect my thoughts.	1	2	3	4	5
6.	I think about my mood constantly.	1	2	3	4	5
7.	I often think about my feelings.	1	2	3	4	5
8.	I pay close attention to how I feel.	1	2	3	4	5
9.	I have clear my feelings.	1	2	3	4	5
10.	I can often define my feelings.	1	2	3	4	5
11.	I almost always know how I feel.	1	2	3	4	5
12.	I usually know my feelings about people.	1	2	3	4	5
13.	I often notice my feelings in different situations.	1	2	3	4	5
14.	I can always tell how I feel.	1	2	3	4	5
15.	Sometimes I can say what my emotions are.	1	2	3	4	5
16.	I can understand my feelings.	1	2	3	4	5

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17.	Although I sometimes feel sad, I usually have a positive outlook.	1	2	3	4	5
18.	Though I feel bad, I try to think of pleasant things. 1	1	2	3	4	5
19.	When I am sad, I think of all the pleasures of life.	1	2	3	4	5
20.	I try to think positive thoughts even though I feel bad	1	2	3	4	5
21.	If I turn things around too much, complicating them, I try to calm myself down.	1	2	3	4	5
22.	I worry about being in a good mood	1	2	3	4	5
23.	I have lots of energy when I feel happy.	1	2	3	4	5
24.	When I am angry try to change my mood.	1	2	3	4	5

Can emotional intelligence be trained?

Regardless of your score, the good news is that emotional intelligence can be trained and we can work on it throughout our lives.

Benefits of Emotional Intelligence

Through numerous studies, it has been found that the benefits of emotional intelligence are not only limited to the work and professional areas but also extend to a wide variety of fields. Researchers have found that people with high scores on emotional intelligence have:

1. Increased academic performance
2. Better family and intimate relationships
3. Better social relations and communication
4. Lower levels of anxiety symptoms and stress
5. Lower levels of depression
6. Lower probability of drug or alcohol consumption
7. Less likelihood of interpersonal conflicts

References

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