

E.I. Self-Assessment

Building Your Team Through Emotional Intelligence · Dr. Rikki Turner · CBMI

Name: _____

Date: _____

Instructions: For each statement, circle or mark the number that best reflects your honest self-assessment. **1** = Strongly Disagree · **2** = Disagree · **3** = Neutral · **4** = Agree · **5** = Strongly Agree. Add your scores within each section, then sum all five sections for your Total Score.

SELF-AWARENESS

Understanding your own emotions, strengths, and impact on others

	1 Strongly Disagree	2 Disagree	3 Neutral	4 Agree	5 Strongly Agree	Section Score
1. I am aware of my emotions and can accurately identify them.	☐	☐	☐	☐	☐	
2. I understand how my emotions affect my thoughts, behaviors, and performance.	☐	☐	☐	☐	☐	
3. I recognize my strengths and weaknesses and how they impact my interactions with others.	☐	☐	☐	☐	☐	
4. I am open to feedback and willing to reflect on my emotions and actions.	☐	☐	☐	☐	☐	
Self-Awareness Section Score (4–20)						

SELF-REGULATION

Managing your emotions and responses, especially under pressure

	1 Strongly Disagree	2 Disagree	3 Neutral	4 Agree	5 Strongly Agree	Section Score
5. I am able to manage and control my emotions effectively.	☐	☐	☐	☐	☐	
6. I can adapt to changing situations without becoming overwhelmed.	☐	☐	☐	☐	☐	
7. I am able to handle stress and pressure in a constructive manner.	☐	☐	☐	☐	☐	
8. I think before reacting and consider the consequences of my actions.	☐	☐	☐	☐	☐	
Self-Regulation Section Score (4–20)						

MOTIVATION

Your drive, resilience, and commitment to goals and growth

	1 Strongly Disagree	2 Disagree	3 Neutral	4 Agree	5 Strongly Agree	Section Score
9. I am driven by personal goals and a sense of purpose.	☐	☐	☐	☐	☐	
10. I am resilient and can bounce back from setbacks or failures.	☐	☐	☐	☐	☐	
11. I am enthusiastic about my work and maintain a positive attitude.	☐	☐	☐	☐	☐	
12. I am proactive and take initiative to achieve my goals.	☐	☐	☐	☐	☐	
Motivation Section Score (4–20)						

EMPATHY

Recognizing and responding to the emotions and needs of others

	1 Strongly Disagree	2 Disagree	3 Neutral	4 Agree	5 Strongly Agree	Section Score
13. I can understand and relate to the emotions and perspectives of others.	☐	☐	☐	☐	☐	
14. I actively listen and show genuine interest in others' concerns.	☐	☐	☐	☐	☐	
15. I consider others' feelings and needs when making decisions.	☐	☐	☐	☐	☐	
16. I am able to provide support and comfort to others in difficult times.	☐	☐	☐	☐	☐	
Empathy Section Score (4–20)						

SOCIAL SKILLS

Communicating, collaborating, and building positive relationships

	1 Strongly Disagree	2 Disagree	3 Neutral	4 Agree	5 Strongly Agree	Section Score
17. I can communicate effectively and clearly with others.	☐	☐	☐	☐	☐	
18. I am skilled at resolving conflicts and finding win-win solutions.	☐	☐	☐	☐	☐	
19. I work well in teams and collaborate with others to achieve common goals.	☐	☐	☐	☐	☐	
20. I build and maintain positive relationships with a diverse range of individuals.	☐	☐	☐	☐	☐	
Social Skills Section Score (4–20)						

Section Totals:	SA Self-Awareness	SR Self-Regulation	MO Motivation	EM Empathy	SS Social	TOTAL SCORE

Scoring Guide

Section Score	Total Score	Interpretation	What It Means
4–12	20–40	Needs Attention	This domain may benefit from focused development. Consider identifying specific situations where this skill is challenging.
13–16	41–79	Moderate Abilities	You have a functional foundation here. Targeted practice and reflection can move you toward greater consistency.
17–20	80–100	Excellent Skills	You demonstrate strong capability in this domain. Look for opportunities to model and coach these skills in others.

Section scores range from 4–20 (4 questions × 5-point scale). Your Total Score is the sum of all five section scores (range: 20–100).