

Assessment for Self-Awareness and Control

Thinking over what you have learned about the emotional intelligence competencies, complete this first page as a self-assessment. Then, use pages 2-4 to have others rate you. Compare the results looking for patterns.

Self Assessment for Emotional Self-Awareness and Self-Control		
1. Self-Awareness <i>How self-aware are you? Do you know what emotions you are experiencing at any one time?</i>	<p style="text-align: center;">Self-Awareness Rating</p> <p style="text-align: center;">Not Very Self-Aware Aware Very Self-Aware</p> <p style="text-align: center;">0 1 2 3 4 5 6 7 8 9 10</p>	
2. Accurate Self-Assessment <i>How accurately do you see yourself? Do you believe that you see yourself as others see you? Do you regularly seek feedback from others?</i>	<p style="text-align: center;">Self-Assessment Rating</p> <p style="text-align: center;">Not Accurate Accurate Very Accurate</p> <p style="text-align: center;">0 1 2 3 4 5 6 7 8 9 10</p>	
3. Automatic or Default Emotion <i>Do you have an overriding or default emotion? Are you predominantly happy or sad? Put a check mark beside the top 2 emotions you experience on a regular basis.</i>	<input type="checkbox"/> Sad	<input type="checkbox"/> Happy
	<input type="checkbox"/> Angry	<input type="checkbox"/> Excited
	<input type="checkbox"/> Scared	<input type="checkbox"/> Tender
4. Expressiveness <i>How emotionally expressive are you? Do you express your emotions in what you say, how you say it, through your actions, or none of the above?</i>	<p style="text-align: center;">Expressiveness Rating</p> <p style="text-align: center;">Not Very Expressive Expressive Very-Expressive</p> <p style="text-align: center;">0 1 2 3 4 5 6 7 8 9 10</p>	
5. Self-Management <i>How effective are you at emotional self-management? Do you apply self-control for both positive and negative emotions?</i>	<p style="text-align: center;">Self-Control Rating</p> <p style="text-align: center;">Poor Self-Control Some Self-Control Good Self-Control</p> <p style="text-align: center;">0 1 2 3 4 5 6 7 8 9 10</p>	
6. Emotional Breakdowns <i>Do you experience emotional breakdowns?</i>	<input type="checkbox"/> Angry Tirades <input type="checkbox"/> Door Slamming <input type="checkbox"/> Email Letter Bomb <input type="checkbox"/> Withdrawal & Isolation <input type="checkbox"/> Holding Grudges/ Getting Even	<input type="checkbox"/> Criticizing <input type="checkbox"/> Sarcasm <input type="checkbox"/> Inappropriate Humor <input type="checkbox"/> Playing the Victim
7. Stinking Thinking <i>Do you demonstrate stinking thinking?</i>	<input type="checkbox"/> All or Nothing Thinking <input type="checkbox"/> Always and Never <input type="checkbox"/> Being Negative	<input type="checkbox"/> Filling in the Blanks <input type="checkbox"/> Should Statements <input type="checkbox"/> Personalization & Blame
8. Emotional Triggers <i>Which of the following emotional triggers are likely to upset you or affect your resilience?</i>	<input type="checkbox"/> Stress <input type="checkbox"/> Moods and attitudes of others <input type="checkbox"/> Foreshadowing <input type="checkbox"/> Dwelling <input type="checkbox"/> Hot Words or Hot Buttons	<input type="checkbox"/> Criticism / Perceived Criticism <input type="checkbox"/> Physical Environment <input type="checkbox"/> Illness and Fatigue <input type="checkbox"/> Specific Situations
9. Keeping Short Accounts <i>How do you react when someone has hurt you in some ways? Do you tend to clear things up or are you more likely to bottle things up?</i>	<p style="text-align: center;">Keeping Short Accounts</p> <p style="text-align: center;">Bottle Things Up Neutral Clear Things Up</p> <p style="text-align: center;">0 1 2 3 4 5 6 7 8 9 10</p>	
10. Resilience Under Pressure <i>How effective are you in dealing with stress and the demands of others? When under pressure, are you graceful, or, do you tend to be short, curt, or even mean and vindictive?</i>	<p style="text-align: center;">Emotional Resilience Under Pressure</p> <p style="text-align: center;">Lacking Grace Neutral Graceful Under Pressure</p> <p style="text-align: center;">0 1 2 3 4 5 6 7 8 9 10</p>	

Other Assessment for Emotional Self-Awareness and Self-Control	
1. Self-Awareness <i>How self-aware is this person? Do they know what emotions they are experiencing at any one time?</i>	Self-Awareness Rating Not Very Self-Aware Aware Very Self-Aware 0 1 2 3 4 5 6 7 8 9 10
2. Accurate Self-Assessment <i>How accurately does this person see themselves? Do you believe that they see themselves as others (like you) see them? Do they regularly seek feedback from you?</i>	Self-Assessment Rating Not Accurate Accurate Very Accurate 0 1 2 3 4 5 6 7 8 9 10
3. Automatic or Default Emotion <i>Does this person have an overriding or default emotion? Are they predominantly happy or sad? Put a check mark beside the top 2 emotions that this person experiences on a regular basis.</i>	<input type="checkbox"/> Sad <input type="checkbox"/> Happy <input type="checkbox"/> Angry <input type="checkbox"/> Excited <input type="checkbox"/> Scared <input type="checkbox"/> Tender
4. Expressiveness <i>How emotionally expressive is this person? Do they express their emotions in what they say, how they say it, through their actions, or none of the above?</i>	Expressiveness Rating Not Very Expressive Expressive Very-Expressive 0 1 2 3 4 5 6 7 8 9 10
5. Self-Management <i>How effective is the individual at controlling their emotions? Do they apply self-control for both positive and negative emotions?</i>	Self-Control Rating Poor Self-Control Some Self-Control Good Self-Control 0 1 2 3 4 5 6 7 8 9 10
6. Emotional Breakdowns <i>Do they experience emotional breakdowns?</i>	<input type="checkbox"/> Angry Tirades <input type="checkbox"/> Criticizing <input type="checkbox"/> Door Slamming <input type="checkbox"/> Sarcasm <input type="checkbox"/> Email Letter Bomb <input type="checkbox"/> Inappropriate Humor <input type="checkbox"/> Withdrawal & Isolation <input type="checkbox"/> Playing the Victim <input type="checkbox"/> Holding Grudges/ Getting Even <input type="checkbox"/> All or Nothing Thinking
7. Stinking Thinking <i>Does this person demonstrate stinking thinking, or think in ways that cause them to feel badly or over-react to situations?</i>	<input type="checkbox"/> All or Nothing Thinking <input type="checkbox"/> Filling in the Blanks <input type="checkbox"/> Always and Never <input type="checkbox"/> Should Statements <input type="checkbox"/> Being Negative <input type="checkbox"/> Personalization & Blame
8. Emotional Triggers <i>Which of the following emotional triggers are likely to upset you this person, throw them off, or cause them to react negatively?</i>	<input type="checkbox"/> Stress <input type="checkbox"/> Criticism / Perceived Criticism <input type="checkbox"/> Moods and attitudes of others <input type="checkbox"/> Physical Environment <input type="checkbox"/> Foreshadowing <input type="checkbox"/> Illness and Fatigue <input type="checkbox"/> Dwelling <input type="checkbox"/> Specific Situations <input type="checkbox"/> Hot Words or Hot Buttons
9. Keeping Short Accounts <i>How does this person react when someone has hurt them in some way? Do they tend to speak up and clear things up, or are they more likely to bottle things up?</i>	Keeping Short Accounts Bottle Things Up Neutral Clear Things Up 0 1 2 3 4 5 6 7 8 9 10
10. Resilience Under Pressure <i>How effective is this person in dealing with stress and the demands of others? When under pressure, are they graceful, or, do they tend to be short, curt, or even mean and vindictive?</i>	Emotional Resilience Under Pressure Lacking Grace Neutral Graceful Under Pressure 0 1 2 3 4 5 6 7 8 9 10

Other Assessment for Emotional Self-Awareness and Self-Control

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