



Aryan Group

Emotional Intelligence Questionnaire

◆ **Instructions:**

Rate yourself on a scale of **1 to 5**

1 = Never | 2 = Rarely | 3 = Sometimes | 4 = Often | 5 = Always

◆ **Section A: Self-Awareness**

1. I can easily identify my emotions when I feel them.
2. I understand why I feel a certain way.
3. I am aware of my strengths and weaknesses.
4. My emotions affect my performance, and I recognize it.
5. I reflect on my behavior regularly.

◆ **Section B: Self-Regulation**

6. I stay calm under pressure.
7. I think before reacting in difficult situations.
8. I can control my anger or frustration.
9. I adapt well to change.
10. I do not let emotions control my decisions.

◆ **Section C: Motivation**

11. I stay motivated even when things are tough.
 12. I set personal goals and work towards them.
 13. I remain positive after failure.
 14. I take initiative without being told.
 15. I focus on solutions rather than problems.
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◆ Section D: Social Awareness

16. I understand how others feel.
17. I am sensitive to others' emotions.
18. I listen actively when others speak.
19. I can read body language and tone.
20. I show empathy in conversations.

◆ Section E: Relationship Management

21. I handle conflicts calmly.
22. I communicate clearly and respectfully.
23. I build strong relationships easily.
24. I accept feedback without getting defensive.
25. I support and encourage others.

Scoring

- Add your total score out of **125**

Interpretation:

- **100 – 125** → Excellent Emotional Intelligence 🌟
- **75 – 99** → Good, scope for improvement 👍
- **50 – 74** → Average, needs development ⚠️
- **Below 50** → Work strongly on EI 🚨