

Personal Emotional Intelligence Assessment

(Simplified Version)

(Rank yourself scoring 1-5 on each statement: 1 being very weak, 5 being very strong and 3 being average)

(The EI Assessment is page 1-2 with results on pages 3-4)

1. This is what I am feeling.....here is why I am feeling it and I know what I need to do to change the feeling.

这是我的感受.....这是为什么我感觉它，而且我必须这样做来改变它。

2. I like me and I think others should like me. Therefore, I will not sit back and wait for people to come to me. I will go to them

我喜欢我自己，我认为其他人也应该喜欢我。因此，我不会坐下来等着人们来找我。我会去找他们。

3. If I think something isn't right or if I feel I am not being treated right, I will speak up, with sensitivity and humility, but I will speak up.

如果我认为某些事情是不正确的，或者如果我觉得我没有被正确的对待，我会有礼貌的谦逊的说出来。不管怎样，我会说出来。

4. I'm excited about my future, my career path, my opportunities for success in career, marriage and life. I'm on the right path.

我对于我的未来、职业生涯，事业上成功的机会，婚姻和生活都充满热情。我走在正确的道路上。

5. I'm making good choices with the time I have each day.

每一天我都在做正确的选择。

6. I have taken the time and effort to learn my strengths and weaknesses. I have even sought the help of others to give me an honest evaluation of myself.

我会花时间和精力去了解我的长处和短处。我甚至会寻求别人的帮助，给我自己一个诚实的评价。

7. When I am under stress I act and feel the same way as when I am not under stress.

我在压力下的行为感受与平时没有压力的时候是一样的

8. I am generally happy and people would say I am a happy person.

我通常很快乐。人们都说我是一个快乐的人

9. When plans change from what I expect, I can move smoothly to the new course of action.

当计划的发展与我的期望不一样时，我能顺利的自我调节并开始新的计划

10. I am satisfied with the number of strong, trusting relationships I presently have.

我对目前所拥有的坚实及可信赖的人际关系数量感到满意

11. When someone is hurt, happy or feeling something strongly, I am able to not only feel FOR them, I can feel

WITH them.

当有人伤心,快乐或者有某种强烈的感觉的时候,我不只是能感觉到,而是真正可以感同身受

12. I am able to work alone on projects AND I don't need the emotional support of others when I make decisions.

我可以独立工作而且在我做决定的时候,我不需要其他人情感上的支持.

13. When I see others in my community or around the world in need, I am compelled to find ways to get involved to help.

当我看到周围的人有需要的的时候,我一定会去寻找方法去帮助他们.

14. When faced with a problem, alone or in groups, I tend to be someone who really thinks through possible options and I tend to come up with good solutions as a result.

当独自一个人或者在团队中遇到问题的时候,我可以认真考虑到所有可行的选择并且最终想出好的解决方法.

15. Regardless of setbacks I experience, I tend to continue to believe my future is bright.

无论我曾遭遇过什么挫折,我始终愿意相信我的明天是美好的.

16. I am very rationale and objective. I see things as they really are, not how I wish they were or how I fear they will be.

我很理性很客观.我看事情的本质,而不是我希望他们是什么或者害怕他们有可能会成为什么.

EI Assessment Results Are on the Following Pages

EI Assessment Results

1.This is what I am feeling.....here is why I am feeling it and I need to do this to change it.

这是我的感受.....这是为什么我感觉它，而且我必须这样做来改变它。

(Emotional Self-Awareness/ 对自身情绪的认知力)

2.I like me and I think others should like me. Therefore, I will not sit back and wait for people to come to me. I will go to them. (Self-Regard/ 对自我的评价)

我喜欢我自己，我认为其他人也应该喜欢我。因此，我不会坐下来等着人们来找我。我会去找他们。

3.If I think something isn't right or if I feel I am not being treated right, I will speak up, with sensitivity and humility, but I will speak up.

如果我认为某些事情是不正确的，或者如果我觉得我没有被正确的对待，我会有礼貌的谦逊的说出来。

不管怎样，我会说出来。(Assertiveness /坚持自己主张的能力)

4.I'm excited about my future, my career path, my opportunities for success in career, marriage and life. I'm on the right path. (Self-Actualization/自我实现)

我对于我的未来、职业生涯，事业上成功的机会，婚姻和生活都充满热情。我走在正确的道路上。

5.I'm making good choices with the time I have each day.

每一天我都在做正确的选择。(Impulse Control/克制冲动的能力)

6.I have taken the time and effort to learn my strengths and weaknesses. I have even sought the help of others to give me an honest evaluation of myself. (Self-Awareness/对自身情绪的认知力)

我会花时间和精力去了解我的长处和短处。我甚至会寻求别人的帮助，给我自己一个诚实的评价。

7. When I am under stress I act and feel the same way as when I am not under stress.

我在压力下的行为感受与平时没有压力的时候是一样的(Stress Tolerance/受压力)

8. I am generally happy and people would say I am a happy person.

我通常很快乐。人们都说我是一个快乐的人(Happiness/愉悦度)

9. When plans change from what I expect, I can move smoothly to the new course of action.

当计划的发展与我的期望不一样时，我能顺利的自我调节并开始新的计划(Flexibility/变通力)

10. I am satisfied with the number of strong, trusting relationships I presently have.

我对目前所拥有的坚实及可信赖的人际关系数量感到满意(Relationships/人际关系)

11. When someone is hurt, happy or feeling something strongly, I am able to not only feel FOR them, I can feel

WITH them. (Empathy)

当有人伤心,快乐或者有某种强烈的感觉的时候,我不只是能感觉到,而是真正可以感同身受(同理心)

12. I am able to work alone on projects AND I don't need the emotional support of others when I make decisions. (Independence)

我可以独立工作而且在我做决定的时候,我不需要其他人情感上的支持(独立性)

13. When I see others in my community or around the world in need, I am compelled to find ways to get involved to help. (Social responsibility)

当我看到周围的人有需要的的时候,我一定会去寻找可以帮助他们的方法。(社会责任心)

14. When faced with a problem, alone or in groups, I tend to be someone who really thinks through possible options and I tend to come up with good solutions as a result. (Problem Solving)

当独自一个人或者在团队中遇到问题的时候,我可以认真考虑到所有可行的选择并且最终想出好的解决方法。(问题解决)

15. Regardless of setbacks I experience, I tend to continue to believe my future is bright. (Optimism)

无论我曾遭遇过什么挫折,我始终愿意相信我的明天是美好的。(积极乐观)

16. I am very rationale and objective. I see things as they really are, not how I wish they were or how I fear they will be. (Reality Testing)

我很理性很客观.我看事物的本质,不是我希望他们是什么或者我有多害怕他们会成为什么。(检验现实)

For further EI Resources consult www.ascend-international.com or follow the following QR Code on WeChat:

