

## **“The Leadership Skills of Emotionally Intelligent People”**

### **209 Familiar Emotions**

Acceptance, Accomplishment, Acknowledgment, Admiration, Aggression, Ambition, Anger, Animosity, Annoyance, Anxiety, Assertiveness, Assured, Blissful, Bold, Brave, Bright, Calm, Capable, Caring, Cheerful, Clever, Comfortable, Compassionate, Competent, Composed, Concerned, Confident, Considerate, Constructive, Content, Contumacious, Cooperative, Courteous, Creative, Decisive, Dejection, Dependable, Deserving, Determined, Diligent, Disciplined, Distrustful, Doubtful, Eager, Effective, Embarrassed, Embraced, Energetic, Enjoyment, Enlightenment, Enthusiasm, Exasperation, Excitement, Faithfulness, Fascination, Fear, Fearlessness, Fervent, Flexible, Forceful, Forgiving, Fortunate, Friendly, Fulfilled, Gallant, Generous, Genuine, Good, Gracious, Happiness, Harmony, Healthy, Helpful, Honesty, Honorable, Hospitable, Hostile, Humble, Humorous, Idealistic, Impartial, Important, Impressive, Independent, Indignant, Industrious, Influential, Innovative, Inspiring, Instrumental, Intelligent, Intense, Intuitive, Inventive, Jovial, Just, Kindness, Knowledgeable, Liked, Loved, Loyal, Meaningful, Mellow, Mighty, Misgiving, Modest, Moral, Motivated, Natural, Noble, Obedient, Obliging, Passionate, Patient, Patriotic, Peaceful, Perceptive, Perseverance, Personable, Polite, Positive, Powerful, Prepared, Presentable, Prestigious, Principled, Privileged, Productive, Professional, Proficient, Progressive, Proud, Prudent, Purposeful, Qualified, Quiet, Rational, Realistic, Reasonable, Receptive, Regretful, Relaxed, Reliable, Relieved, Remorse, Resentment, Resolve, Respectable, Respectful, Responsible, Retentive, Reverent, Sadness, Safe, Satisfaction, Secure, Self-confident, Self-reliant, Sensible, Sentimental, Serene, Shame, Sharing, Shock, Significant, Simple, Sincere, Skillful, Smart, Sociable, Sophisticated, Sorrow, Special, Spirited, Spiritual, Spontaneous, Stable, Steadfast, Steady, Strong, Successful, Supportive, Sure, Sympathetic, Tactful, Tactical, Thankful, Tireless, Tolerant, Tranquil, Thoughtful, Trusted, Understanding, Unforgiving, Uplifted, Useful, Valued, Victorious, Vigorous, Virtuous, Visionary, Vital, Welcomed, Willing, Winning, Wonderful, Worthy, Youthful, Zealous



# EMOTIONAL INTELLIGENCE [EQ] ASSESSMENT TOOL

<b>SELF-AWARENESS</b>	<b>Oblivious/Insecure</b>	<b>Acquiescent</b>			<b>Alert/Focused</b>			<b>Self-Aware</b>		
Perception	Uncertain re Capabilities	Knows/Accepts Limits			Knows/Focuses Strengths			Introspective/Adjs/Grows		
Self	0 1 2 3	4 5			6 7 8			9 10		
Others	0 1 2 3	4 5			6 7 8			9 10		
<b>ACHVMT/DRIVE</b>	<b>Indifferent</b>	<b>Moderate Effort</b>			<b>Consistent Performer</b>			<b>Driving Force</b>		
Perception	Apathetic/Unfocused	Routine Results			Energetic/Gets Results			Momentum Builder/Excels		
Self	0 1 2 3	4 5			6 7 8			9 10		
Others	0 1 2 3	4 5			6 7 8			9 10		
<b>EMPATHY</b>	<b>Unaware</b>	<b>Some Cognition</b>			<b>Perceptive</b>			<b>Tuned-In</b>		
Perception	No Clue/Insensitive	Senses Issues/ Concern			Gets it/Feels it!			Knows/Identifies With		
Self	0 1 2 3	4 5			6 7 8			9 10		
Others	0 1 2 3	4 5			6 7 8			9 10		
<b>SELF CONFIDENCE</b>	<b>Humble</b>	<b>Modest</b>			<b>Self-Assured</b>			<b>Self Important</b>		
Perception	Low Esteem	Some Esteem			Confident			Certain to Conceit		
Self	0 1 2 3	4 5			6 7 8			9 10		
Others	0 1 2 3	4 5			6 7 8			9 10		
<b>STRESS MGT.</b>	<b>Impassive</b>	<b>Anxious</b>			<b>Stressed</b>			<b>Relaxed/Poised</b>		
Perception	Oblivious-Unconcerned	Uneasy/Apprehensive			Tense to Burdened			Calm to Composed		
Self	0 1 2 3	4 5			6 7 8			9 10		
Others	0 1 2 3	4 5			6 7 8			9 10		
<b>INTEGRITY</b>	<b>Unreliable</b>	<b>Responsible</b>			<b>Dependable</b>			<b>Trustworthy</b>		
Perception	Cannot Count On	Accepts Responsibility			Reliable			Unfailing		
Self	0 1 2 3	4 5			6 7 8			9 10		
Others	0 1 2 3	4 5			6 7 8			9 10		
<b>SELF CONTROL</b>	<b>Volatile</b>	<b>Excitable</b>			<b>Non-Reactive</b>			<b>Composed</b>		
Perception	Frequently Overreacts	Can Become Reactive			Pauses / Reflects			Calm to Unflappable		
Self	0 1 2 3	4 5			6 7 8			9 10		
Others	0 1 2 3	4 5			6 7 8			9 10		
<b>COLLABORATION</b>	<b>Loner</b>	<b>Cooperative</b>			<b>Team Player</b>			<b>Consensus Builder</b>		
Perception	Isolated & Insular	Associates when Asked			Role Player/Supportive			Team Leader/Captain		
Self	0 1 2 3	4 5			6 7 8			9 10		
Others	0 1 2 3	4 5			6 7 8			9 10		
<b>CREATIVITY</b>	<b>Lacks Imagination</b>	<b>Some Ideas</b>			<b>Innovator</b>			<b>Reformist</b>		
Perception	Needs Routine/Repetition	Likes Routine but Ponders			Promotes New Ideas			Fosters Pos. Change		
Self	0 1 2 3	4 5			6 7 8			9 10		
Others	0 1 2 3	4 5			6 7 8			9 10		
<b>PERSUASION</b>	<b>Benign</b>	<b>Moderate</b>			<b>Influential</b>			<b>Convincing</b>		
Perception	Inconsequential	Some Influence on Others			Contributes to Change			Dirves Direction/Change		
Self	0 1 2 3	4 5			6 7 8			9 10		
Others	0 1 2 3	4 5			6 7 8			9 10		
<b>ADAPTABILITY</b>	<b>Inflexible</b>	<b>Measured</b>			<b>Accomodating</b>			<b>Versatile/Adaptive</b>		
Perception	Narrow-Minded	Resistent to Change			Cooperative/Collaborative			Tolerant/Manages Change		
Self	0 1 2 3	4 5			6 7 8			9 10		
Others	0 1 2 3	4 5			6 7 8			9 10		
<b>COMMITMENT</b>	<b>Disengaged</b>	<b>Interested</b>			<b>Vested</b>			<b>Dedicated</b>		
Perception	Uncommitted	Supportive to Active			Pledged to Engaged			Devoted to Cause		
Self	0 1 2 3	4 5			6 7 8			9 10		
Others	0 1 2 3	4 5			6 7 8			9 10		
<b>LEADERSHIP</b>	<b>Follower</b>	<b>Contributor</b>			<b>Directs/Drives</b>			<b>Always In Charge</b>		
Perception	Quiet, Non-Assertive	Works Well w/Others			Inspires Confidence			Controls/Leads		
Self	0 1 2 3	4 5			6 7 8			9 10		
Others	0 1 2 3	4 5			6 7 8			9 10		
<b>CONFLICT MGNT.</b>	<b>Avoids Conflict</b>	<b>Facilitator</b>			<b>Mediator</b>			<b>Leverages Conflict</b>		
Perception	Ignores Cause/Effect	Promotes Collaboration			Promotes Disp. Resolution			Uses Conflict to Advantage		
Self	0 1 2 3	4 5			6 7 8			9 10		
Others	0 1 2 3	4 5			6 7 8			9 10		