

I DON'T HAVE FING TIME FOR THIS!

A Mom-to-Mom Support Group

The Emotional Intelligence Awareness Assessment

Self-Awareness

1. Can you recognize and name your emotions in the moment? (Yes/No)
2. Do you understand your strengths and weaknesses? (Yes/No)
3. Are you aware of your emotional triggers and patterns? (Yes/No)

Emotional Regulation

1. Can you manage your stress and negative emotions effectively? (Yes/No)
2. Do you have coping strategies for dealing with difficult emotions? (Yes/No)
3. Can you calm yourself down when feeling upset or angry? (Yes/No)

Motivation

1. Do you have a clear sense of purpose and direction? (Yes/No)

2. Are you driven to achieve your goals? (Yes/No)

3. Do you find meaning and fulfillment in your life? (Yes/No)

Empathy

1. Can you understand and appreciate others' perspectives? (Yes/No)

2. Do you actively listen to others and show empathy? (Yes/No)

3. Can you put yourself in others' shoes and understand their feelings? (Yes/No)

Effective Communication

1. Can you express yourself clearly and assertively? (Yes/No)

2. Do you use nonverbal communication effectively? (Yes/No)

3. Can you listen actively and ask open-ended questions? (Yes/No)

Social Skills

1. Do you build strong relationships and connections with others? (Yes/No)

2. Can you navigate conflicts and difficult situations effectively? (Yes/No)

3. Can you resolve conflicts and negotiate effectively? (Yes/No)

Self-Reflection and Feedback

1. Do you regularly reflect on your emotions, actions, and behaviors? (Yes/No)
2. Do you seek feedback from others and are open to constructive criticism? (Yes/No)
3. Can you use self-reflection and feedback to adjust and improve? (Yes/No)

Scoring:

1. For each "No" answer, consider seeking help and development in that area.
2. For each "Yes" answer, consider building on your strengths and continuing to develop your emotional intelligence.

Note: This questionnaire is not a scientifically validated assessment, but rather a tool to help individuals identify areas for personal growth and development.