

Self-Assessment of Emotional Intelligence Skills

<u>Emotional Intelligence Skill</u>	Importance to practice (H,M, L)	Level of Development (H,M,L)
Emotional Self-Awareness: The ability to recognize that you are responding with an emotion and to accurately label that emotion.		
Assertiveness: The ability to constructively express your thoughts and feelings, and defend your rights.		
Empathy: The ability to "emotionally read" other people and appreciate their feelings.		
Interpersonal Relationships: The ability to form and maintain mutually satisfying relationships.		
Impulse Control: The ability to resist or delay impulses, drive, or temptations to act.		
Optimism: The ability to look at the brighter side of life and to maintain a positive attitude, even when faced with adversity.		