



EMOTIONAL INTELLIGENCE QUESTIONNAIRE

This questionnaire is designed to provoke reflection about areas of your emotionality that you might like to expand or develop. They may also help you identify areas that are already well developed.

Some of the questions in this questionnaire may seem a little banal at first glance, nevertheless, do take the time to weigh up how each item applies to you personally, as honestly as possible. The questions are arranged in a number of categories, and they do not represent all aspects of human emotionality.

After you have answered 'yes' or 'no', ask significant people in your life how they see you in terms of these questions — their feedback could be both surprising and valuable. If your friend or partner answered 'no' when you answered 'yes' or vice versa, take the opportunity to re-consider the question. Much can be learned from another's perspective.

Please note that this is not a quiz or a personality test; emotional intelligence is not quantifiable, and it is not my purpose here to provide a framework for interpersonal comparisons.

It would be both unkind and unrealistic to expect perfect answers to all items — I doubt anyone exists who would not recognise some areas of personal difficulty in the questionnaire. But if any of the questions in this questionnaire feel particularly problematic to you, you might benefit from [counselling or psychotherapy](#), or any other modality of healing and personal growth that you feel comfortable with.

This questionnaire is taken from my book: ['Parenting for a Peaceful World'](#), which is an in-depth look at 'emotional intelligence', how it develops in early childhood, and how important it is for healthy relationships and happy societies.

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Communicating emotions

Question	Your answer		Your friend's answer	
	Yes	No	Yes	No
If you are sad, grieving or mourning, do you allow yourself to weep? Do you allow trusted others to see your tears?				
Can you express anger freely and non-destructively, then let it go?				
Do you quickly let go of grudges and resentment?				
When you are afraid, do you let trusted others see your fear?				
Are you able to recognise when you need help, then ask for help or support?				
Can you receive help, as well as give it?				
Can you say 'no' without feeling guilty?				
Can you strongly protest against mistreatment?				
Do you easily express, as well as receive, tenderness, love, passion?				
Can you enjoy your own company yet gladly and comfortably accept intimacy?				
Do you listen clearly to yourself, and to others?				
Can you empathise with the needs and feelings of others, without judgement or criticism?				
Can you motivate others without resorting to fear tactics or manipulation?				

Emotional fluency

Question	Your answer		Your friend's answer	
	Yes	No	Yes	No
Do you allow yourself to frequently experience and enjoy pleasure?				
Do you allow yourself to experience bliss, ecstasy, excitement, fascination and awe?				
Do you often laugh out loud — a deep belly laugh?				
Do you sometimes feel moved by the courage or the spirit of others?				
When necessary, can you contain (rather than repress), your impulses and delay your gratification, without resorting to guilt, shame, or suppression of your emotions?				

Flexibility and balance

Question	Your answer		Your friend's answer	
	Yes	No	Yes	No
Can you focus your energy on work, yet balance this with fun and rest?				
Can you accept and even enjoy others who have different needs and world-views?				
Do you let yourself be spontaneous, play like a child, be silly?				
Are your goals realistic, and does your patience allow you to work towards them steadily?				

Self-esteem

Questions	Your answer		Your friend's answer	
	Yes	No	Yes	No
Can you forgive yourself your mistakes, and take yourself lightly?				
Can you accept your own shortcomings, without feeling ashamed, and remain excited about learning and growing?				
Do you respect your strengths <i>and</i> vulnerabilities, rather than inflate with pride, or fester with shame?				
Would you say you are generally true to yourself without blindly rebelling against, nor conforming to social expectations?				
Can you bear disappointment or frustration, without succumbing to criticism of self or others?				
Are you kind to yourself, do you avoid being hard — even punishing towards yourself?				

Have a look at the questions where you answered 'no'. Your areas for potential growth are signalled by those questions. Areas of difficulty may well represent emotional wounds — possibly sustained early in life — that call for healing and growth. Your answers may also point towards areas of personal vulnerability where you might find your greatest challenges in parenting. For example, parents who have difficulty expressing anger may have the most trouble allowing their children to be angry, parents who find it difficult to express their needs may have the most trouble listening to their children's needs, and so on.

If any of the questions above feel particularly problematic to you, you might consider seeking [counselling or psychotherapy](#), or any other modality of healing and personal growth that you feel comfortable with.