

What Your EQ Score Means (Hypothetically)

200 – Highest Score
175
150
125
100 – Average
75
50
25
0 – Best to try again another time

Your Answers

1. Anything but D – that answer reflects a lack of awareness of your habitual responses under stress. A=20, B=20, C=20, D=0.
2. B is best. Emotionally intelligent parents use their children's moments of upsets as opportunities to act as emotional coaches, helping their children understand what made them upset, what they are feeling, and alternatives the child can try. A=0, B=20, C=0, D=0.
3. A. One mark of self-motivation is being able to formulate a plan for overcoming obstacles and frustrations and follow through on it. A=20, B=0, C=0, D=0.
4. C. Optimism, a mark of emotional intelligence, leads people to see setbacks as challenges they can learn from, and to persist, trying out new approaches rather than giving up, blaming themselves, or getting demoralized. A=0, B=0, C=20, D=0.
5. C. The most effective way to create an atmosphere that welcomes diversity is to make clear in public that the social norms of your organization do not tolerate such expressions. Instead of trying to change prejudices (a much harder task), keep people from acting on them. A=0, B=0, C=20, D=0.
6. D. Data on rage and how to calm it show the effectiveness of distracting the angry person from the focus of his rage, empathizing with his feelings and perspective, and suggesting a less anger-provoking way of seeing the situation. A=0, B=5, C=5, D=20.
7. A. Take a break of 20 minutes or more. It takes at least that long to clear the body of the physiological arousal of anger -- which distorts your perception and makes you more likely to launch damaging personal attacks. After cooling down you'll be more likely to have a fruitful discussion. A=20, B=0, C=0, D=0.

8. B. Creative groups work at their peak when rapport, harmony, and comfort levels are highest – then people are freer to make their best contribution. A=0, B=20, C=0, D=0.
9. D. Children born with a timid temperament can often become more outgoing if their parents arrange an ongoing series of manageable challenges to their shyness. A=0, B=5, C=0, D=20.
10. B. By giving yourself moderate challenges, you are most likely to get into the state of flow, which is both pleasurable and where people learn and perform at their best. A=0, B=20, C=0, D=0.