

Questions to Consider About Emotional Intelligence

| Four Components of Emotional Intelligence | Questions to Consider |
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| Self-awareness | <p>Do you recognize and understand your mood, your emotions, and what drives you?</p> <p>Do you understand the impact of your moods and emotions on other people?</p> |
| Self-Management | <p>Do you control or redirect your impulses, behaviors, and moods?</p> <p>Are you able to suspend judgment?</p> <p>How flexible are you when circumstances change or you have to overcome obstacles?</p> <p>Do you consistently strive for your personal best?</p> |
| Social Awareness | <p>Are you aware of other people's emotions, needs, and perspectives and take them into consideration?</p> <p>Do you pursue your goals with persistence and energy?</p> <p>Do you maintain optimism even in the face of failure?</p> <p>Do you have a passion and strong drive to achieve something for others?</p> |
| Relationship management | <p>Do you respond to the emotional reactions of other appropriately?</p> <p>Do you exhibit cultural sensitivity when dealing with other people?</p> |