

Estimating your EQ-i Scores

	Needs improvement	Effective functioning	Enhanced skills
	80	100	120
Total EQ			
Intrapersonal			
Interpersonal			
Adaptability			
Stress management			
General mood			
Self-regard			
Emotional self-awareness			
Assertiveness			
Independence			
Self-actualization			
Empathy			
Social responsibility			
Interpersonal relationship			
Stress tolerance			
Impulse control			
Reality testing			
Flexibility			
Problem solving			
Optimism			
Happiness			

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