

EQ MINI-TEST

Do you:

	Never	Rarely	Sometimes	Usually	Almost	Always
Always						
Understand your emotions as they happen?						
Recognize the impact your behavior has upon others?						
Tolerate frustration without getting upset?						
Directly address people in difficult situations?						
Use sensitivity to another person's feelings to manage interactions effectively?						
Learn about others in order to get along better with them?						