



## **Part 2 Emotional Intelligence Test**

**Directions:** Please mark ✓ in the box that most reflects yourself in the following factors.

**Not true** = The statement does not reflect yourself at all

**Sometimes true**= The statement can describe you more or less

**Quite true** = The statement can describe most of yourself

**Definitely true** = The statement is absolutely you

		Not True	Sometimes True	Quite True	Definitely True
7	When I get angry or sick, I know what has happened to me.				
8	I do not know what makes me feel angry.				
9	I always feel upset and cannot control my emotions when I am refused.				
10	I cannot wait until I achieve my satisfactory goals.				
11	I always have a strong reaction to trivial problems.				
12	When someone forces me to do something that I dislike, I will explain my reason why I do not want to do it until they accept it.				
13	I can notice when my close friends change their moods.				
14	I do not care about the suffering of strangers.				
15	I will not accept it if people do something different from what I have thought.				
16	I understand that people may have their own reasons if they don't like my actions.				
17	I feel that other people ask for too much attention.				
18	Even though I have a lot of work to do, I always listen to other people's problems whenever they need help.				
19	It is common to take advantage of other people when we have a chance.				
20	I am grateful for the goodwill that other people give me.				
21	I can say 'sorry' when I do something wrong.				
22	It is hard for me to accept other people's mistakes.				
23	Though I have to lose some of my benefits, I'm pleased to contribute to society.				
24	I feel uneasy to do something for someone.				
25	I do not really know what I am really good at.				
26	Though it is tough work, I feel confident that I can do it.				
27	When I fail, I feel discouraged.				
28	I am proud of myself when I do anything the best that I can do.				
29	When I encounter any obstacles or disappointments, I will not give up.				

		Not True	Sometimes True	Quite True	Definitely True
30	When I start to do something, I always fail.				
31	I try to find out the exact reason for a certain problem without assuming it.				
32	It is quite often that I don't know what makes me feel unhappy.				
33	I feel that it is difficult for me to make a decision in problem solving.				
34	When I have lots of thing to do at the same time, I can make a decision to do it in order of priority.				
35	I feel uncomfortable when I have to be with a stranger or someone I am not familiar with.				
36	I cannot put up with a society that has the rules which are contrary to what I am accustomed to.				
37	It is easy for me to make friends with other people.				
38	I have many close friends with a long relationship.				
39	I dare not tell other people about my desires.				
40	I do what I want without disturbing other people.				
41	It is difficult for me to argue with other people although I have good reasons.				
42	When I disagree with other people, I can give my reasons until they accept it.				
43	I feel inferior to other people.				
44	I can perform my duty no matter what role I play.				
45	When I get an assignment, I can do it best.				
46	I do not feel confident in doing hard work.				
47	Even in a bad situation, I am still optimistic.				
48	Every problem has its solution.				
49	When I am stressed, I can adjust it to be fun and feel relaxed.				
50	I always enjoy my activities at weekends and on vacation.				
51	I feel upset if other people get better things than I.				
52	I am satisfied with my life.				
53	I do not know what to do when I feel bored.				
54	When I am free from my routine work, I always do what I love to do.				
55	When I feel unhappy, I have my own way to relax myself.				
56	I can relax myself although I feel very tired from work.				
57	I will not be happy until I get everything that I want.				
58	I am always worried about trivial matters that happen to me.				

Source: Emotional Intelligence Test (for Adult 18-60 years old), Department of Mental Health,  
Ministry of Public Health, Thailand

### **Part 3 Emotional Intelligence Aspects That Need to be Developed**

59. In your opinion, which emotional intelligence aspect do you see as the most important one for your job. Please prioritize them by giving every aspect the number.

( 1 = the first priority, 9 = the last priority)

- Self-control .....
- Empathy .....
- Responsibility .....
- Self-motivation .....
- Decision making and problem solving .....
- Social relationships .....
- Pride in oneself, self-esteem, or self-confidence .....
- Self-satisfaction, optimism, or sense of humor .....
- Peace of mind or relaxation .....

60. In your opinion, which of your emotional intelligence aspects should be developed most? Please prioritize them by giving every aspect the number.

( 1 = the first priority, 9 = the last priority)

- Self-control .....
- Empathy .....
- Responsibility .....
- Self-motivation .....
- Decision making and problem solving .....
- Social relationships .....
- Pride in oneself, self-esteem, or self-confidence .....
- Self-satisfaction, optimism, or sense of humor .....
- Peace of mind or relaxation .....

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Thank you for your cooperation in filling out this questionnaire.  
Please return the questionnaire to KJH.