

## EQ Test Questionnaire

This is a popular test in Europe. Many Fortune 500 companies, such as Coca-Cola, McDonald's, and Nokia, have used this as a template for employee EQ testing and help employees understand their own EQ status. There are 33 questions in total, the test time is 25 minutes, and the maximum EQ is 174 points. Please prepare paper and pen, and answer according to your usual reaction, do not be deliberate. Such results are truly effective.

Questions 1 to 9:

Please choose the answer that best fits you from the following questions, but try to choose as few neutral answers as possible.

1. I have the ability to overcome various difficulties: \_\_\_\_\_  
A. Yes    B. Not necessarily    C. No
2. If I could go to a new environment, I would arrange my life to be: \_\_\_\_\_  
A. similar to the past    B. not necessarily    C. different from the past
3. In my life, I think I can achieve my desired goals: \_\_\_\_\_  
A. Yes    B. Not necessarily    C. No
4. I do not know why, some people always avoid or treat me coldly: \_\_\_\_\_  
A. No    B. Not necessarily    C. Yes
5. On the street, I often avoid people I do not want to greet: \_\_\_\_\_  
A. Never    B. Occasionally    C. Sometimes
6. When I am concentrating on my work, if someone is talking loudly beside me: \_\_\_\_\_  
A. I can still concentrate on my work    B. Between A and C  
C. I cannot concentrate and feel angry
7. No matter where I go, I can clearly identify the direction: \_\_\_\_\_  
A. Yes    B. Not necessarily    C. No

8. I love the specialty I study and the work I do: \_\_\_\_\_

A. Yes    B. Not necessarily    C. No

9. Climate change will not affect my mood: \_\_\_\_\_

A. yes    B. between A and C    C. No

For questions 1 to 9, each A answer will get 6 points, each B answer will get 3 points, and each C answer will get 0 points. Total score \_\_\_\_\_ points.

Questions 10-16: Please answer the following questions truthfully and fill in the blanks on the right.

10. I never get angry because of gossip: \_\_\_\_\_

A. Yes    B. Between A and C    C. No

11. I am good at controlling my facial expressions: \_\_\_\_\_

A. Yes    B. Not sure    C. No

12. When going to bed, I often: \_\_\_\_\_

A. fall asleep very easily    B. fall asleep between A and C    C. have trouble falling asleep

13. When someone harasses me, I: \_\_\_\_\_

A. Keep silent    B. Between A and C    C. Protest loudly to vent my anger

14. After arguing with others or making mistakes at work, I often feel trembling, exhausted, and unable to continue working with peace of mind: \_\_\_\_\_

A. No    B. Between A and C    C. Yes

15. I am often troubled by trivial things: \_\_\_\_\_

A. No    B. Between A and C    C. Yes

16. I would rather live in a quiet suburb than in a noisy city: \_\_\_\_\_

A. No    B. Not sure    C. Yes

For questions 10 to 16, each A answer is worth 5 points, each B answer is worth 2 points, and each C answer is worth 0 points. Total score \_\_\_\_ points.

Questions 17 to 25: For each of the following questions, please choose an answer that best describes you, and choose as few neutral answers as possible.

17. I have been nicknamed and teased by friends and colleagues: \_\_\_\_  
A. Never      B. Occasionally      C. This is a common occurrence
18. There is a kind of food that makes me vomit after eating: \_\_\_\_  
A. No      B. Can't remember      C. Yes
19. Apart from the world I see, there is no other world in my heart: \_\_\_\_  
A. No      B. Can't remember      C. Yes
20. I will think about something that will make me extremely uneasy a few years later: \_\_\_\_  
A. Never thought about it      B. Occasionally thought about it      C. Often thought about it
21. I often feel that my family treats me badly, but I know for sure that they treat me well: \_\_\_\_  
A. No      B. Can't tell      C. Yes
22. Every day when I get home, I close the door immediately: \_\_\_\_  
A. No      B. Not sure      C. Yes
23. I sat in a small room with the door closed, but I still felt uneasy: \_\_\_\_  
A. No      B. Sometimes      C. Yes
24. When I need to make a decision, I often find it difficult: \_\_\_\_  
A. No      B. Occasionally      C. Yes
25. I often use games like coin tossing, paper flipping, and lot drawing to predict my fortune: \_\_\_\_  
A. No      B. Sometimes      C. Yes

For questions 17 to 25, each A answer is worth 5 points, each B answer is worth 2 points, and each C answer is worth 0 points. Total score \_\_\_\_ points.

Questions 26-29: Please answer the following questions truthfully according to the actual situation. Just answer "yes" or "no". Put a "√" in the answer you choose.

26. I go out early and come back late for work, and I often feel exhausted when I get up in the morning:

Yes \_\_\_\_\_ No \_\_\_\_\_

27. In a certain state of mind, I will fall into empty thoughts because of confusion and put my work aside:

Yes \_\_\_\_\_ No \_\_\_\_\_

28. My nerves are fragile and I will tremble at the slightest stimulation:

Yes \_\_\_\_\_ No \_\_\_\_\_

29. I am often awakened by nightmares in my sleep:

Yes \_\_\_\_\_ No \_\_\_\_\_

For questions 26 to 29, each "yes" answer will get 0 points, and each "no" answer will get 5 points. Total score \_\_\_\_ points.

Questions 30 to 33: This test consists of 4 questions, each with 5 possible answers. Please choose the answer that best suits you and put a "√" under the answer you choose.

The answer criteria are as follows:

1 Never   2 Almost never   3 Half the time   4 Most of the time   5 Always

30. I am willing to take on challenging tasks at work.

1   2   3   4   5

31. I often see good intentions in others.

1   2   3   4   5

32. Be able to listen to different opinions, including criticism of yourself.

1    2    3    4    5

33. I often encourage myself and am full of hope for the future.

1    2    3    4    5

For questions 30 to 33, the scores from left to right are 1 point, 2 points, 3 points, 4 points, and 5 points. Total score \_\_\_\_\_ points.

[Reference answers and scoring evaluation]:

When scoring, please follow the scoring criteria, first calculate the score of each part, and finally add up the scores of several parts. The score obtained is your final score.

The final score is \_\_\_\_\_ points.

### 【Key】

If your score is below 90 after the test, it means that your EQ is low, you often cannot control yourself, and you are easily affected by your emotions. Many times, you are easily angered, irritated, and lose your temper. This is a very dangerous signal - your career may be ruined by your impatience. For this, the best solution is to be able to give a good explanation to bad things, keep a cool head, and make yourself cheerful. As Franklin said: "Anyone is angry for a reason, but there are rarely convincing reasons."

If your score is between 90 and 129, it means that your EQ is average. For one thing, your performance may be different at different times. This is related to your awareness. You have more EQ awareness than the former, but this awareness is not always there, so you need to pay more attention and remind yourself from time to time.

If your score is between 130 and 149, it means your EQ is high. You are a happy person who is not easily afraid or worried. You are passionate about your work and dare to take responsibility. You

are just, upright, compassionate and caring. These are your strengths and you should work hard to maintain them.

If your EQ is above 150, then you are an EQ master. Your emotional intelligence is not a hindrance to your career, but an important prerequisite for your career success.

Source: <http://www.iqeq.com.cn/>

Based on your test results, what breakthroughs and growth do you expect from yourself? Share it with your mentor.

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