

EQ-i YOUTH ADOLESCENT PROFILE: FEEDBACK REPORT

Test Tester

17 Year old Male

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YOUR EMOTIONAL INTELLIGENCE PROFILE

TOTAL EI: You scored in the **Low Range** on the total Emotional Intelligence scale.



▶ SELF-PERCEPTION

How you know and understand yourself



SELF-REGARD

Valuing yourself and having self-confidence



You have a good idea of what your talents are, but you can work on having more confidence in yourself.

SELF-ACTUALISATION

Finding meaning and doing self-improvement



You tend to avoid challenges, especially if it's something you're not good at.

EMOTIONAL SELF-AWARENESS

Understanding your emotions



Sometimes you feel confused about your emotions and why you feel the way you do.

▶ SELF-EXPRESSION

How you show and communicate your feelings on your own



EMOTIONAL EXPRESSION

Good expression of emotions



You are usually comfortable telling others how you really feel.

ASSERTIVENESS

Communicating feelings, beliefs, and thoughts



It's important for you to share your thoughts and opinions and tell someone when you disagree. Sometimes you don't want to hurt their feelings, so you keep quiet.

INDEPENDENCE

Not relying on others to act or complete tasks



You tend to get the reassurance from others before you make decisions.

INTERPERSONAL

How you build and maintain social relationships

LOW RANGE

MID RANGE

HIGH RANGE

INTERPERSONAL RELATIONSHIPS

Having mutually satisfying relationships

LOW RANGE

You are not always sure how much others care for you or you find it difficult to show that you care for them.

EMPATHY

Understanding and valuing how others feel

LOW RANGE

You don't always notice what emotions others are going through, and you find it hard to see things from their viewpoint.

SOCIAL RESPONSIBILITY

Being socially aware; Helpful

LOW RANGE

You tend to focus less on ways to care for the environment and the well-being of others.

DECISION-MAKING

How you use emotional information to make decisions

LOW RANGE

MID RANGE

HIGH RANGE

PROBLEM SOLVING

Finding solutions when emotions are involved

MID RANGE

You generally make good decisions, but sometimes when you feel emotional, you feel less confident in your own decisions.

REALITY TESTING

Seeing things as they really are

LOW RANGE

You tend to mostly allow your emotions to guide you in the decisions that you make.

IMPULSE CONTROL

Thinking or waiting before you act

MID RANGE

You can usually resist the urge to make rash decisions that you may later regret. In some situations, you feel that your emotions just take over.

STRESS MANAGEMENT

How you cope with emotions and stay hopeful even with change or uncertainty

LOW RANGE

MID RANGE

HIGH RANGE

FLEXIBILITY

Adapting emotions, thoughts, and behaviours

MID RANGE

You cope well when things change. At times when you feel very stressed, change makes you feel uneasy.

STRESS TOLERANCE

Coping with stressful situations

MID RANGE

You know what to do when you feel stressed, but at times when there are too many things happening at once, it is hard to know what to do next.

OPTIMISM

Having a positive attitude and outlook on life

LOW RANGE

You tend to feel overwhelmed when things don't go well, and it feels hard to then have hope that things will get better.

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17 Year old Male

▶ SELF-PERCEPTION

- Focus on the **process** followed to solve problems and not only the solution.
- Don't feel embarrassed by mistakes; turn them into **opportunities** to learn. Mistakes are the best way to learn, especially when you are young. It's unrealistic to expect a perfect outcome the first time you attempt something.
- **Embrace challenges** and don't give up. Persistence leads to improvement. In life, you will sometimes have to do things that you are not initially good at but this is the only way to discover new things you might become better at.
- Remember that even talents require **effort** if you want to become great at something. Just because you have a talent doesn't mean results will come easily.
- Identify and write down your emotions as you experience them and **be real** about your emotions.

▶ SELF-EXPRESSION

- **Speak about your emotions** (good and bad) to others where you feel safe.
- Notice how you use both **words** and **body language** when expressing your emotions.
- **Don't** avoid conflict situations. Share your thoughts and feelings when you disagree, even when it feels uncomfortable, and don't ignore others when they share their disagreement with you. Use conflict as an opportunity to learn how to be okay with opinions and behaviours that differ from yours.
- It is important to **speak up when you disagree** but, be sure to do so in a respectful way.
- Challenge yourself to come up with your **own solutions**. Weigh up the pros and cons when faced with difficult decisions. It is okay to talk to someone about it, but it's important to confidently make your own decisions.

▶ INTERPERSONAL

- Listen, not only to reply to others, but try to **really understand** what they are saying and pay attention to their body language.
- The **quality of your relationships** depends on how you treat others.
- It's important to **apologise** when you have wronged someone, as much as it is to respectfully **tell someone if you feel hurt** by something they've said or done.
- Look for small and practical ways that you can **contribute to a better environment** as well as **help others**.

RESOURCE PAGE (CONTINUED)

The section below provides ways in which you can develop or maintain your EI skills.

▶ DECISION-MAKING

- **Reflect** on the role your emotions play when making decisions. Sometimes our emotions make it difficult to come up with the best solution.
- When you feel overwhelmed by emotions, **count to ten** before making a decision or responding to a situation.
- Ask a trusted friend how they see a situation before making rash decisions. This will help you to be more **objective**, but also be comfortable with your decisions. Decisions that your friends/peers make might not appeal to you and that's okay.

▶ STRESS MANAGEMENT

- Change is a part of life. Shift your attention to the **opportunities** that come with change. Look at past examples where change was uncomfortable, but it allowed you to grow and experience new and exciting opportunities.
- Think of past bad experiences and how things got better. Remind yourself that even if the current situation is not great, **better times** will come.
- Make time to **laugh!** Watch a funny video clip. Also remember it's good to be able to laugh at yourself.
- Exercise, sport, and creative activities are great ways to **release stress**.
- **Don't compare** yourself to anyone else.
- Manage your schedule to **avoid feeling overwhelmed and burnt out**.
- Make a list of what is in your control and what is not. Focus on the things that you **CAN control**.
- Get enough **sleep**.