

Emotional intelligence competency	Rank competency (out of ten)
<b>Self-actualisation</b> Do you have a purpose, enjoy what you do, and accept your limits?	
<b>Empathy</b> Are you able to appreciate why someone might feel how they do?	
<b>Social responsibility</b> Are you constructive and cooperative in groups?	
<b>Interpersonal relationship</b> Can you establish and maintain mutually satisfying relationships?	
<b>Stress tolerance</b> How is your ability to withstand adverse events, stress, and strong emotions?	
<b>Impulse control</b> How well are you able to resist or delay an impulse or temptation?	
<b>Reality testing</b> Can you assess what you feel and relate it to the external situation?	
<b>Problem-solving</b> Do you identify personal and social issues and seek a solution?	
<b>Flexibility</b> Can you adjust your thoughts and feelings to changeable situations?	
<b>Optimism</b> Can you maintain a positive attitude?	
<b>Happiness</b> Can you maintain an appreciation for all you have?	
<b>Assertiveness</b> Are you able to constructively put forward your feelings, beliefs, and thoughts?	