

How *Emotionally* Intelligent Are You?

How do you generally communicate with each other? Rate yourselves.

0 = never 1 = rarely 2 = usually 3 = almost always

Daughter	Dad	
-----	-----	Expresses feelings openly and comfortably.
-----	-----	Recognizes what the other person is feeling.
-----	-----	Expresses anger in an appropriate way.
-----	-----	Shows sympathy and concern for the other.
-----	-----	Handles conflicts or disagreements by talking about them.
-----	-----	Feels comfortable when the other person expresses feelings.
-----	-----	Lets the other person finish what they're saying without interrupting.
-----	-----	States opinions without insulting the other person.
-----	-----	Pays attention while the other is talking.
-----	-----	Interprets nonverbal messages accurately.
-----	-----	Maintains eye contact and looks relaxed when you're talking to each other.
-----	-----	Accepts negative feedback without getting angry or defensive.
-----	-----	Expresses emotions without becoming overwhelmed by them.
-----	-----	Draws people into conversations and makes them feel comfortable.
<input style="width: 80px; height: 30px;" type="text"/>	<input style="width: 80px; height: 30px;" type="text"/>	Your scores (45 possible)