

Intelligence quotient test report

[Technology](#), [Artificial Intelligence](#)



There is still, however, room for growth. Overall, your skills in this area of emotional intelligence aid you in the process of reading others, understanding how they feel, and effectively identifying your own emotions. These skills form the basis of your ability to relate to the emotions of others as well as well as your ability to understand yourself. Review the results below for further information on areas that could use further Improvement. You are typically In tune with your emotions, and are able to Identify your true feelings.

You seem to have a solid understanding of your strengths and Limitations. You generally know what you are good at and where you struggle, and plan your life accordingly. You are comfortable dealing with emotions in general. You were relatively successful on the recognition of emotions aspect of the test; however, you seemed to have had some difficulty occasionally.

Emotional Facilitation of Thought (score 83) You are well aware of the guiding potential of your emotions, and usually tune in to your feelings as a means to direct your Judgment, reasoning, and actions.

Emotional Facilitation of Thought reflects the capacity to use emotions to figure out the aspects f a situation that don't lend themselves too easily to logic (e. G. When making decisions In ambiguous situations). When you use this Internal guidance system In addition to cognitive processes, you are better able to view situations from different angles. Read through the breakdown of results below for more information about this core ability, and areas where improvement is suggested. You do not have a tendency to ruminate about your problems.

Make sure however, that you give an issue in your life the thought and consideration it needs. You approach challenges, tiebacks and obstacles to what you want proactively, and in a manner that is conducive to effective resolution. You are generally a positive, hopeful person. When evaluating an issue in your life, you seem to be someone who usually "feels your way" through a situation. You sometimes act in accordance with who you are and what you believe in, although this can be a challenge for you occasionally. Emotional understanding (score 71) able to assess and analyze the complex and mixed emotions that come into play.

Feelings affect thoughts and behavior, so a lack of emotional understanding can exult in serious social missteps. This is not likely to happen to you very often. You seem to be reasonably capable of assessing and analyzing emotions in order to take appropriate action. Further improvement is still recommended however. Review the detailed results below for more information. You performed reasonably well on the emotional integration part of the test - there a few questions you seem to have struggled on. You likely understand the profoundness of emotions, and how they play a role and impact everyday tasks in life.

However, your depth of understanding could robbery improve further. When it came to choosing the best approach someone should take to resolve a conflict, you sometimes chose a good approach, but your performance in this area was still not very good. You are a fairly empathetic person, and will try as much as possible to place yourself in other people's shoes. When it comes to being socially insightful your skills are reasonably good. Continued

improvement is suggested, however. Emotional Management (score 79) You are someone who usually takes responsibility for your emotions, although you could strive to be more consistent.

Emotions are not always under our control - we feel what we feel. However, how we react to situations is under our control, which means that we need to take responsibility for our actions even in times when emotions are volatile. When you make it a point to manage your emotions, you are better able to deal with situations or people that tend to make you feel upset. Review the breakdown of your results below and work on areas that need improvement. You are typically able to control your impulses. On most occasions, you will consider the full consequences of your actions before doing something.

You are typically very poised and in control of your emotions. You are usually able to self-monitor your thoughts and feelings, and regulate/adjust your behavior in response. You are quite resilient. You can pick yourself up after experiencing a setback, perhaps more quickly than most others. You possess good coping skills. High-pressure, high-stress situations may not be the most ideal circumstances for you, but you will likely be able to cope. You are a self-motivated person. Most of the time, you are able to encourage and motivate yourself to try hard and do your best.

You are typically open to learning new things, although you may hesitate occasionally, perhaps if you feel the new skill or knowledge is particularly challenging. You are generally able to not "sweat the small stuff", although it can take effort at times to let go of minor problems or things that you can't change. You are usually able to adjust your social behavior to the situation.

You can typically deal with a variety of social situations and personalities.

You may have every intention of resolving conflict in the most ideal way, but it can sometimes be a challenge for you when an issue hits close to home.

Overall, your personal approach to resolving conflict needs some improvement. The Ego Maturity scale refers to a group of traits that encompass emotional maturity - a level in which a person is fully comfortable with whom he/she is and possesses a strong and healthy sense of self. While this may be shaped by life experiences, as emotional intelligence develops and expands, so too will our ego mature. You have almost fully attained ego maturity. There may be an aspect or two of your personality that you can still develop and evolve, but overall, you have grown quite a bit as a person.