Emotional IQ Inventory								
5-*All of the time*	4-*Most of the time*	3-*Sometimes*	2-*Seldom*	1-*Never*				
				1	2	3	4	5
1. I like myself.								
2. I lose my temper.								
3. I am an instant gratifier.								
4. Becoming a better person is important to me.								
5. I judge people by their outward appearance.								
6. I treat everyone with the same kindness and respect.								
7. I work well with others.								
8. I set goals and reach them.								
9. I let the crowd influence me.								
10. I strive to do my best.								
11. I make wise choices.								
12. I am responsible with my chores at home.								
13. I give up easily.								
14. I think I am better than others.								
15. I think for myself.								
16. I care about the feelings of others.								
17. I have self-control.								
18. I worry about what others think of me.								
19. I think before I act.								
20. I get upset easily.								
21. I have a positive attitude.								
22. I let others control me.								
23. Others trust me.								
24. I get along well with my friends.								
25. I am happy.								
26. I enjoy school.								
27. I have a good relationship with the people in my family.								
28 .I compare myself to others.								
29. I am grateful.								
30. I think about myself first before considering the needs of others								
31. I feel remorse when I hurt others.								
32. I learn from my mistakes.								
33. I accept responsibility for my actions.								
34. I resolve my conflicts peacefully.								