

# Self reflection

How often do you notice/understand what triggers your emotions?	1 = occasionally 1                      2                      3                      4                      5 5 = always
How accurate is your read of other people's emotions?	1 = not accurate 1                      2                      3                      4                      5 5 = very accurate
Are you able to change your mood to suit a task or situation?	1 = occasionally 1                      2                      3                      4                      5 5 = almost always
How extensive is your emotional vocabulary?	1 = very limited 1                      2                      3                      4                      5 5 = very extensive
What is your understanding of emotional complexity?	1 = very limited 1                      2                      3                      4                      5 5 = very extensive
Do you get overwhelmed by your emotions and react in ways you later regret?	1 = occasionally 1                      2                      3                      4                      5 5 = almost always
How do your emotions impact your ability to make the right choices?	1 = limited impact 1                      2                      3                      4                      5 5 = extensive impact
How well do you manage emotions in other people?	1 = not very well 1                      2                      3                      4                      5 5 = really well