

Emotional Intelligence Self-Reflection Questions

Start developing your emotional intelligence by asking yourself the following questions:

- 1. Do you practice checking in with yourself regarding how you are feeling?** If so, are you able to describe in words how you feel?
- 2. Do you have a process to calm yourself down when you get angry, frustrated, or stressed?** If so, what is your process?
- 3. Do you find yourself getting distracted by your own thoughts or things in the environment when listening to others?** If so, what do you do to stay focused?
- 4. When you see others in distress, do you typically intervene?** If so, what steps do you take to help? How are your actions received by others?
- 5. Do you conceal how you are feeling to your coworkers?** When do you think it is appropriate to express your emotions at work? When is it inappropriate? Are there times when you would like to be more/less controlled?
- 6. Think about the people directly and indirectly impacted by your decisions at work.** How would you feel if you were in their position(s)?
- 7. Do you tend to trust your intuition?** How do you balance your intuition with logic?
- 8. When is it easier versus harder for you to be creative?** Does your mood impact your creativity?
- 9. Think about one positive thing that came out of the last negative experience you were in (even if it is small).** What did you learn from that negative experience?
- 10. Think about the aspects of your work that drive you to produce high quality work.** What was the last project you worked on that you felt motivated by?
- 11. Think about the long-term goals you have that you would like to prioritize.** Does your everyday work behavior bring you closer or further to those goals?
- 12. Are your tendencies different at work versus at home?** Are there certain people, events, or projects that are particularly triggering for you – times when it is harder to control your emotions than others. If so, why do you think this is?

Need help getting started?

[Contact Us](#)

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