

שאלון אינטלגנציה רגשית

Bar-On

The BarOn EQ-i™

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Introduction

The EQ-i™ consists of statements that provide you with an opportunity to describe yourself by indicating the degree to which each statement is true of the way you feel , or act most of the time and in most situations . There are five possible responses to each sentence .

- 1- Very seldom or Not true of me .
- 2- Seldom true of me .
- 3- Sometimes true of me .
- 4- Often true of me .
- 5- Very often true of me Or true of me .

Introduction

Read each statement and decide which *one* of the five possible responses best describes you . Mark your choices on the answer sheet by filling in the circle containing the number that corresponds to your answer .

If a statement does not apply to you , respond in such a way that will give the best indication of how you *would* possibly feel , think , or act . Although some of the sentences may not give you all the information you would like to receive , choose the response that seems the best , even if you are not sure . There are no "right" or "wrong" answers and no "good" or "bad" choices . Answer openly and honestly by indicating how you actually are and *not* how you would like to be or how you would like to be seen . There is no time limit , but work quickly and make sure that you consider and respond to *every* statement .

1. My approach in overcoming difficulties is to move step by step .	6. I try to make my life as meaningful as I can .
2. It's hard for me to enjoy life .	7. It's fairly easy for me to express feeling
3. I prefer a job in which I'm told pretty much what to do .	8. I try to see things as they really are, with-out fantasizing or daydreaming about them .
4. I know how to deal with upsetting problems .	9. I'm in touch with my emotions .
5. I like every one I meet .	10. I'm unable to show affection .
11. I feel sure of myself in most situations	42. My impulsiveness creates problems .
12. I have a feeling that something is wrong with my mind .	43. It's difficult for me to change my opinion about things .
13. It is a problem controlling my anger .	44. Others find it hard to depend on me .
14. It's difficult for me to begin new things .	45. When facing a problem, the first thing I do is stop and think .
15. When faced with difficult situation, I like to collect all the information about it that I can .	46. I would stop and help a crying child find his or her parents, even if I had to be somewhere else at the same time .
16. I like helping people .	47. I am satisfied with my life .
17. It's hard for me to smile .	48. I don't hold up well under stress .
18. I'm unable to understand the way other people feel .	49. It's hard for me to make decisions on my own .
19. When working with others, I tend to rely more on their ideas than my own .	50. I see these strange things that others don't see .
20. I believe that I can stay on top of tough situations .	51. It's hard to express my intimate feelings .
21. I really don't know what I'm good at .	52. I don't get enjoyment from what I do .
22. I'm unable to express my ideas to others .	53. People don't understand the way I think .
23. It's hard for me to share my deep feelings with others .	54. My friends can tell me intimate things about themselves .
24. I lack self-confidence .	55. I generally hope for the best .
25. I think I've lost my mind .	56. I don't feel good about myself .
26. I'm optimistic about most things I do .	57. I don't do anything bad in my life .
27. When I start talking, it is hard to stop .	58. I'm aware of the way I feel .
28. It's hard for me to make adjustments in general .	59. It's easy for me to to adjust to new conditions .
29. I like to get an overview of a problem before trying to solve it .	60. When trying to solve a problem,I look at each possibility and then decide on the best way
30. It doesn't bother me to take advantage of people, especially if they deserve it .	61. I'm good at understanding the way other people feel .
31. I'm fairly cheerful person .	62. I'm fun to be with .

32. I prefer others to make decisions for me .	63. People tell me to lower my voice in discussions .
33. I can handle stress, without getting too nervous .	64. I feel that it's hard for me to control my anxiety .
34. I have good thoughts about everyone .	65. Nothing disturbs me .
35. It's hard for me to understand the way I feel .	66. I don't get that excited about my interests .
36. In the past few years, I've accomplished little .	67. When I disagree with someone, I'm able to say so .
37. When I'm angry with others, I can tell them about it .	68. I tend to fade out and lose contact with what happens around me .
38. I have had strange experiences that can't be explained .	69. It's hard for me to accept myself just the way I am .
39. It's easy for me to make friends .	70. I don't get along well with others .
40. I have good self-respect .	71. I feel cut off from my body .
41. I do very weird things .	72. I care what happens to other people .
73. I'm impatient .	104. People think that I'm sociable .
74. I'm able to change old habits .	105. I enjoy weekends and holidays .
75. It's hard for me to decide on the best solution when solving problems .	106. I generally expect things will turn out all right, despite setbacks from time to time .
76. If I could get away with breaking the law in certain situations, I would .	107. I believe in my ability to handle most upsetting problems .
77. I get depressed .	108. I tend to cling to others .
78. I know how to keep calm in difficult situations .	109. I have not been embarrassed for anything that I've done .
79. I have not told a lie in my life .	110. Others think that I lack assertiveness
80. I'm generally motivated to continue, even when things get difficult .	111. I try to get as much as I can out of those things that I enjoy .
81. I try to continue and develop those things that I enjoy .	112. I can easily pull out of daydreams and tune into the reality of the immediate situation .
82. It's hard for me to say "no" when I want to .	113. I think it's important to be a law-abiding .
83. I get carried away with my imagination and fantasies .	114. Looking at both my good points and bad points , I feel good about myself .
84. My close relationship mean a lot to me and to my friends .	115. I have strange thoughts that no one can understand .
85. I'm happy with the type of person I am .	116. It's hard for me to describe my feelings .
86. I have strong impulses that are hard to control .	117. It would be hard for me to adjust if I were forced to leave my home .

87. It's generally hard for me to make changes in my daily life .	118. I generally get stuck when thinking about different ways of solving problems.
88. Even when upset , I'm aware of what's happening to me .	119. I don't have a good idea of what I want to do in life .
89. In handling situations that arise , I try to think of as many approaches as I can .	120. I seem to need other people more than they need me .
90. I'm able to respect others .	121. I like to have fun .
91. I'm not that happy with my life .	122. I get anxious .
92. I'm more of a follower than a leader .	123. I don't have bad days .
93. It's hard for me to face unpleasant things .	124. I avoid hurting other people's feelings .
94. I have not broken a law of any kind .	125. It's hard for me to see people suffer .
95. Before beginning something new, I usually feel that I'll fail.	126. It's difficult for me to stand up for my rights .
96. It's fairly easy for me to tell people what I think .	127. It's hard for me to keep things in the right perspective .
97. I tend to exaggerate .	128. I don't keep in touch with friends .
98. I'm sensitive to the feeling of others .	129. I'm happy with the way I look .
99. I have good relationship with others .	130. I tend to explode with anger easily .
100. I feel comfortable with my body .	131. I've got a bad temper .
101. I am a very strange person .	132. I enjoy those things that interest me .
102. I'm impulsive .	133. I responded openly and honestly to the above sentences.
103. It's hard for me to change my ways .	