

## EQ Self-Assessment Exercise

For each EQ competency, indicate whether you are below average, average, above average, or outstanding. Any competency that you have ranked less than outstanding represents a developmental opportunity.

EQ Competency	Below Average	Average	Above Average	Outstanding
Self-awareness: You regularly scan for your moods and are able to recognize your emotions in the moment. You are able to distinguish between helpful and unhelpful emotions.				
Self-regulation: You are able to control or redirect impulses and unhelpful emotions.				
Other-awareness: You regularly scan for emotions in others and are able to recognize a wide array. You understand how context, including your behavior and emotional display, affects others.				
Other-affect: You are able to change your behavior to affect the other's emotions and redirect them toward more helpful emotions.				



**LCL | Mass LOMAP**

Free & Confidential Services for Lawyers, Law Students, and Judges in Massachusetts

**LCLMA.ORG | MASSLOMAP.ORG**