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EQ Test Reflection

I scored a 78 on the EQ test. I really liked this test and thought it was comprehensive. Starting out I thought it was more tedious than anything. It said there were 341 questions in total and it stressed me out. About a hundred questions in, I really started to get into the test.

I am happy because I think I scored well, but I definitely see areas where I can improve. For example, I thought that emotional intelligence was mostly about using context to gauge other people’s emotions and use these clues to make smart decisions. I never thought about the personal aspects of emotional intelligence. It seems like it is as much about emotional health and understanding how your emotions can affect each and every aspect of your life.

I also learned a bit about how subtle and nuanced the English language actually is. I struggled with a few questions because it is often so hard to put a specific emotion into words. For example, jealousy and envy are very similar, but have very different and specific contexts in which they apply.

I did not really like the questions where you had to gauge emotions from a picture. I think it is unfair to guess what a person is feeling from just a picture. It made me breathe a sigh of relief when the prompt gave context to the situation immediately after you had to gauge their emotions. Context is everything. I really relate to this because I find that I can often fake emotions in front of people given different contexts.

I think this test can be useful to me. I often struggle with time management and I learned this is a major weakness in my emotional intelligence. This test helped me pinpoint what I need to work on and it gave me a great deal of hope that I can improve one of the most stressful aspects of my life.