

# Emotional Intelligence (EQ) Test-R for donor **AHAB**

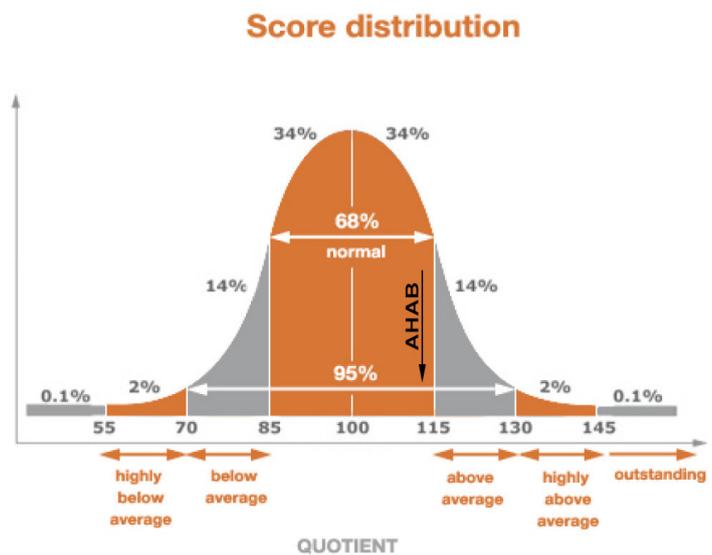
Emotional Intelligence Test-R assesses the ability to perceive, understand and manage one's own emotions and those of others.

For more information about the EQ Test-R, please visit [www.centraltest.com](http://www.centraltest.com)

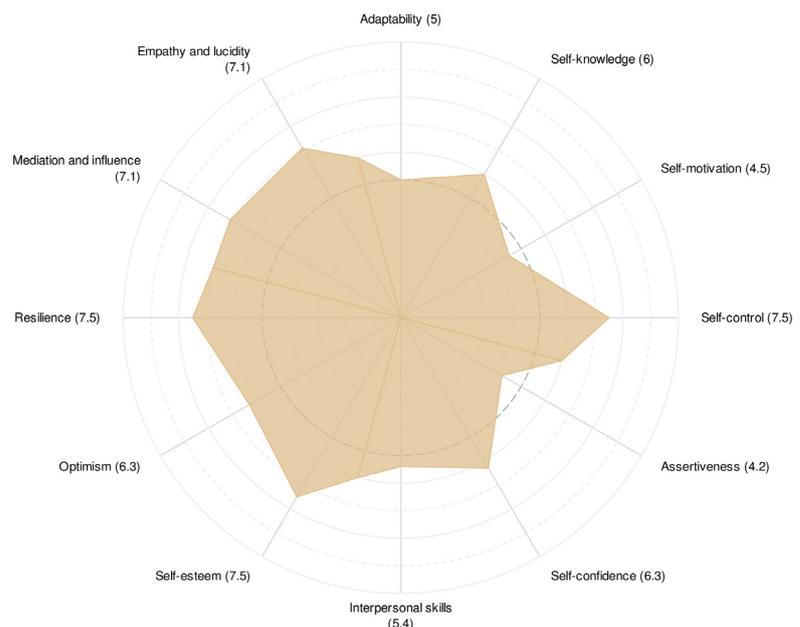
## AHAB's score distribution

**Quotient:** 112

**Level:** AHAB has slightly above average emotional intelligence. He is generally at ease with his emotions and those of others.



## AHAB's personality graph



## AHAB's strengths

In general, when AHAB feels negative emotions he is able to control them and continue thinking and acting in a calm manner.

AHAB is able to get back on his feet after a big disappointment without feeling too much regret. After going through a rough time, he comes out a stronger person.

AHAB knows what he is worth. He is aware of his positive traits, and he can accept his shortcomings.

## AHAB's main weak points

No dominant trait emerges from AHAB's profile.

### **Advice for AHAB:**

No dominant trait emerges from AHAB's profile.

Read much more about AHAB's personality traits on the following page...

# An interpretation of AHAB's score

## **Self-knowledge**

AHAB's introspection skills are quite good and this helps him effectively analyze his emotions and behavior. He is not, however, always perfectly aware of all his desires and needs—it takes time for him to understand what he wants.

## **Self-control**

AHAB has good self-control and he is not the type of person to let negative feelings such as stress, anger or frustration take over. He knows how to take a step back and analyze events and he generally masters his emotions in stressful or unusual situations.

## **Self-motivation**

Depending on the situation, AHAB can easily get motivated, or, on the contrary, become less determined if he loses enthusiasm. While he generally reaches his objectives, he may need support in order to stay driven.

## **Adaptability**

It is sometimes hard for AHAB to stray from habit or change his points of view if he feels particularly strong about them. He does, however, possess an ability to adapt and he is ready to accept change.

## **Self-esteem**

Being aware of his good qualities and his shortcomings, AHAB has an accurate image of himself. He knows who he is and what he is worth. His good self-esteem helps him showcase and capitalize on his strengths.

## **Optimism**

Generally speaking, AHAB is quite happy with life and he looks on the bright side of things. However, certain difficulties and challenges can lead to discouragement and make him temporarily lose his natural optimism.

## **Resilience**

AHAB does not throw in the towel after failing badly at something. He gets back on his feet, learns from his mistakes and he is not the type of person who is burdened with regret.

## **Self-confidence**

AHAB believes in himself enough to deal with responsibility and complete his projects. He may, at times, have doubts about his abilities.

## **Interpersonal skills**

His behavior and ability to express himself clearly show that AHAB is generally comfortable with people. His interest in conversations and his enjoyment in sharing ideas can be seen from day to day.

## **Assertiveness**

Generally speaking, AHAB finds it important to express points of view that mean something to him, even when others do not agree. However, if he thinks that a subject does not merit heated debate, AHAB may prefer to say nothing or quickly accept a compromise.

## **Empathy and lucidity**

By paying attention to his environment, AHAB can correctly interpret other people's emotions. Being able to decipher unspoken messages, he does not often make mistakes about people or their intentions. To sum up, AHAB possesses the ability to empathize with others.

## **Mediation and influence**

Being good at managing conflict and motivating teams, AHAB can find the right words to sound convincing, to show encouragement and to reconcile diverging points of view. He knows how to ease tension and get people interested and he also has a talent for persuasion.