

# Emotional Intelligence (EQ) Test-R for donor ANCEL

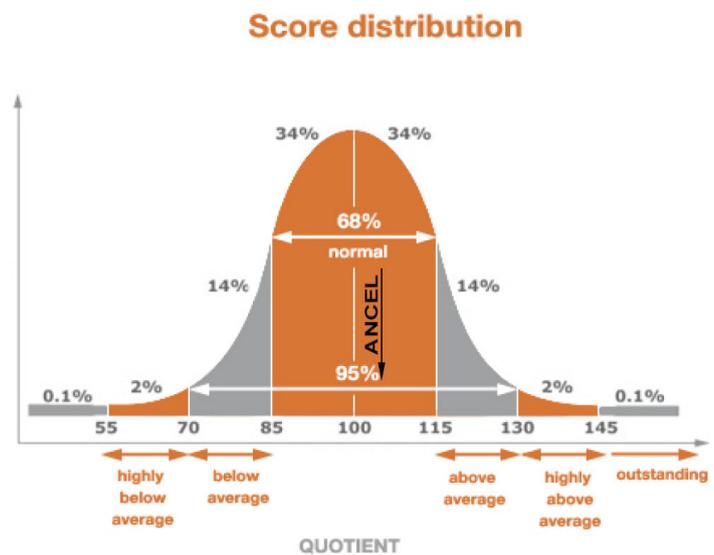
Emotional Intelligence Test-R assesses the ability to perceive, understand and manage one's own emotions and those of others.

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

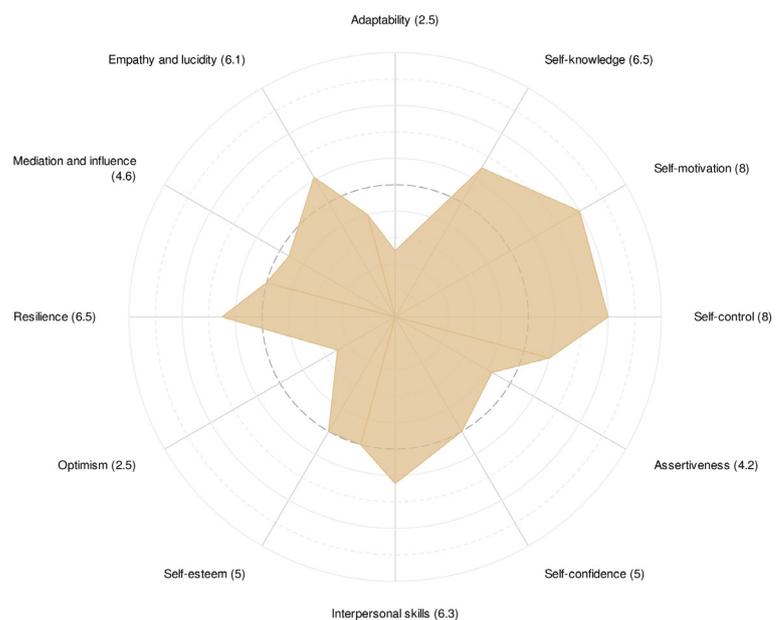
## ANCEL's score distribution

**Quotient:** 104

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



## ANCEL's personality graph



## ANCEL's strengths

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

ANCEL knows how to summon up enough drive within himself to meet fixed objectives. He can count on himself to complete projects.

## ANCEL's main weak points

ANCEL can let his problems take over. At times he no longer sees the positive aspects of things, and he tends to be afraid of what the future has in store for him.

ANCEL may have trouble changing his habits or points of view. This lack of flexibility in his relationships may be unsettling for others.

### **Advice for ANCEL:**

When ANCEL encounters difficulties, he must think about the good things in his life, about what he has accomplished. He should move forward and know that the best is yet to come.

ANCEL should learn to be sensitive and pay attention to changes taking place so that he can react more appropriately. ANCEL should show flexibility, be open-minded about talking to others and should be ready to re-examine his own ideas.

Read much more about ANCEL's personality traits on the following pages...

# An interpretation of ANCEL's score

## **Self-knowledge**

ANCEL's introspection skills are good and this helps him analyze his reactions and behavior. Generally speaking, he knows what he wants and what he needs.

## **Self-control**

Clearly ANCEL has a high level of self-control. In stressful or unusual situations, he knows how to take a step back and he can easily master negative emotions such as anger or frustration. However, being able to control these feelings does not mean that ANCEL should never express himself.

## **Self-motivation**

ANCEL's motivation appears unshakable. When he starts a new activity or project, his determination is enough to lead him through the entire process. However, ANCEL can sometimes persist in doing impossible assignments—not realizing this until the later stages.

## **Adaptability**

It is not always easy for ANCEL to accept being wrong. He may act and react in a similar manner every time, even in situations which are different. Being someone who cannot stray much from habit, new or unusual situations can unsettle him.

## **Self-esteem**

Being aware of his good qualities and his shortcomings, ANCEL has a mostly accurate image of himself. In general, he knows what he is worth. By raising his self-esteem he could better showcase his strengths.

## **Optimism**

ANCEL has a weak level of optimism. He tends to see the dark side of things and this can prevent him from fully seizing certain opportunities.

## **Resilience**

ANCEL 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**

ANCEL 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 ANCEL 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, ANCEL 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, ANCEL may prefer to say nothing or quickly accept a compromise.

## **Empathy and lucidity**

Generally speaking, ANCEL can correctly interpret the intentions or emotions of others. ANCEL pays attention to his environment and to what others say to him, but sometimes in a slightly superficial manner. By becoming more attentive, he could surely gain clearer insights on certain points of view.

## **Mediation and influence**

ANCEL can sometimes demonstrate an ability to act as a mediator. However, he is not always able to express his ideas and successfully convince those around him. When times are tense, ANCEL will attempt to calm everyone down, more or less effectively.