

Emotional Intelligence (EQ) Test-R for donor ALDRIN

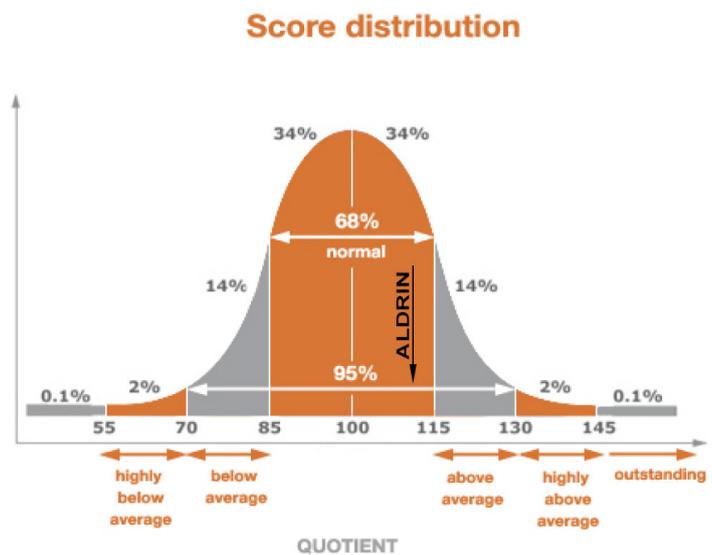
Emotional Intelligence Test-R assesses the ability to perceive, understand and manage one's own emotions and those of others.

For more information about the EQ Test-R, please visit www.centraltest.com

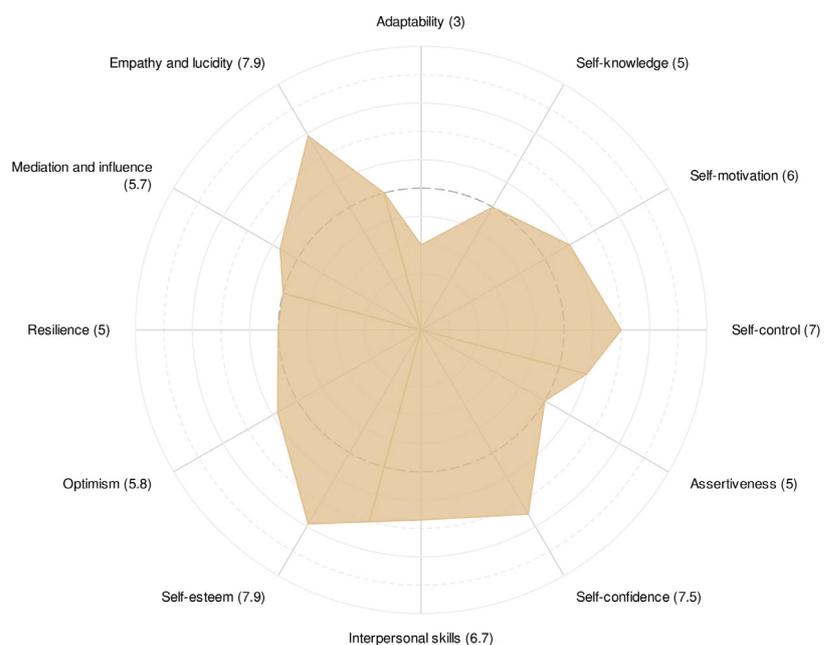
ALDRIN's score distribution

Quotient: 111

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



ALDRIN's personality graph



ALDRIN's strengths

ALDRIN has good observation and listening skills. He can decipher unspoken messages. He also has insights about other people's intentions.

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

ALDRIN has faith in his abilities and resourcefulness. He is therefore confident about his choices and can cope with changes and difficult situations calmly.

ALDRIN's main weak points

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

Advice for ALDRIN:

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

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

An interpretation of ALDRIN's score

Self-knowledge

ALDRIN'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

ALDRIN 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

ALDRIN's motivation is solid enough to get him through his projects. However at times, he may need encouragement to persevere.

Adaptability

It is not always easy for ALDRIN 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

ALDRIN is clear-sighted about his self-esteem. Being fully aware of his positive and negative traits, he has a very good image of himself and he understands what he is worth. This high self-esteem helps him showcase and capitalize on his strengths. ALDRIN must, however, take a step back in certain situations, otherwise people may find him pretentious.

Optimism

Generally speaking, ALDRIN 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

ALDRIN does not throw in the towel after failing badly at something. He gets back on his feet and does his best to learn from his mistakes and not feel regret.

Self-confidence

ALDRIN is aware of his abilities and he believes in his own resourcefulness. He is not afraid of responsibility and he is generally confident about his choices. Few things can shake his self-confidence.

Interpersonal skills

His behavior and ability to express himself clearly show that ALDRIN is generally comfortable with people. His enjoyment in talking to others can be seen from day to day. As he is open to all subjects of conversation, his easygoing attitude makes him well-liked and people seek his company.

Assertiveness

Generally speaking, ALDRIN finds it important to express his point of view even when others do not agree. However, he may avoid confrontation or cut a debate short if he thinks it might hurt his relationships.

Empathy and lucidity

Being very attentive to his environment, ALDRIN can interpret other people's emotions with great accuracy and he can perfectly decipher unspoken messages. He does not often make mistakes about people or their intentions. To sum up, ALDRIN possesses the ability to fully empathize with others.

Mediation and influence

Generally speaking, ALDRIN is quite good at managing conflict and motivating teams. Being capable of easing tension and expressing ideas, he can find the right words and get people interested. It would be useful for him to work on his talent for persuasion.