

Emotional Intelligence (EQ) Test-R for donor ANISHA

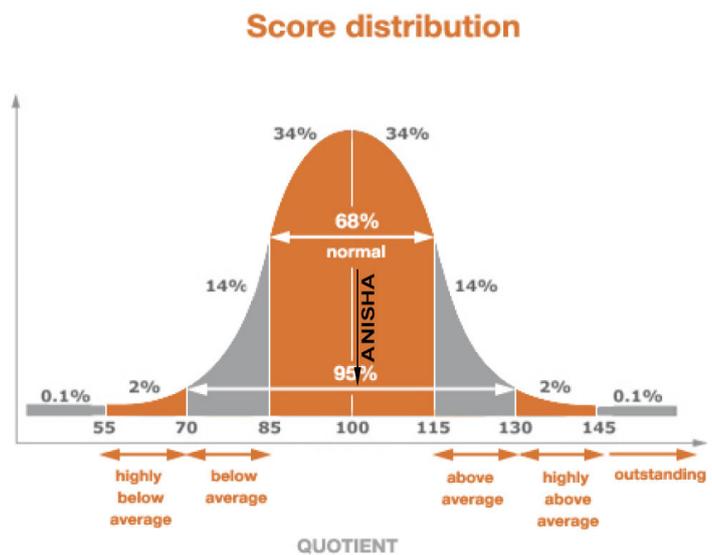
Emotional Intelligence Test-R assesses the ability to perceive, understand and manage one's own emotions and those of others.

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

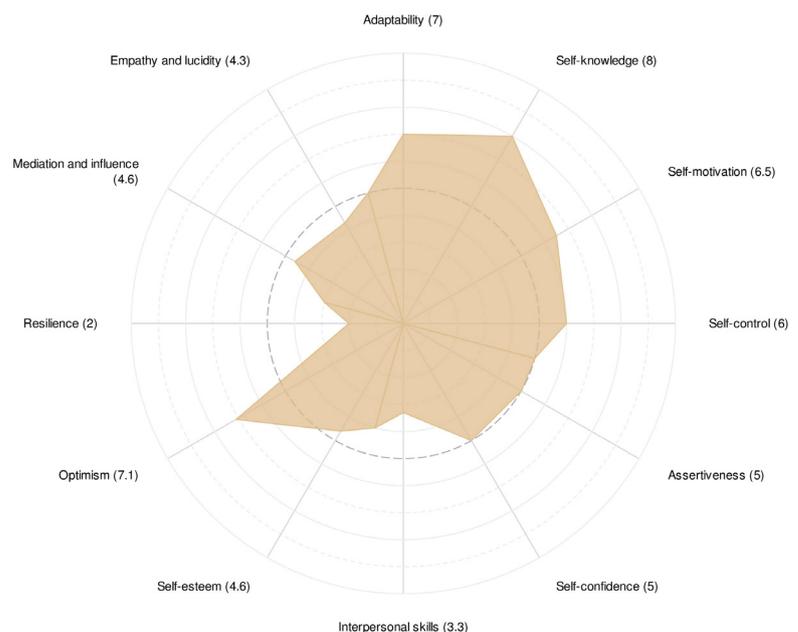
ANISHA's score distribution

Quotient: 101

Level: ANISHA has slightly above average emotional intelligence. She is generally at ease with her emotions and those of others.



ANISHA's personality graph



ANISHA's strengths

ANISHA listens to her own needs. Being introspective, she has a good understanding of herself and she knows what she needs.

ANISHA does not often think about what she is missing, and she appreciates what life has to offer. Being optimistic, she believes that the best is yet to come.

ANISHA is quite flexible and can cope with change, adapt her behavior and attitudes, and show flexibility when dealing with others.

ANISHA's main weak points

It is hard for ANISHA to get back on her feet after a big disappointment. She tends to let regret and past events take over.

Advice for ANISHA:

ANISHA should try to take a step back and be objective when difficult events occur. She should not feel regret about her choices. Instead, she should learn from her mistakes and move forward. What she has gone through will make her a stronger person!

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

An interpretation of ANISHA's score

Self-knowledge

Thanks to excellent introspection skills, ANISHA can correctly analyze her emotions and behavior. This helps her understand who she is, what she wants and what she needs. However, she has a strong tendency to over-question herself and this is not always necessary.

Self-control

ANISHA's self-control is quite good and she is able to control negative emotions such as stress or anger. But when the pressure is high, she may feel a little overwhelmed by the situation.

Self-motivation

When ANISHA starts a new activity or project, she knows how to find the necessary determination and motivation within herself in order to reach her objectives.

Adaptability

ANISHA possesses an ability to adapt. She pays attention to people and to situations. This proves useful not only when coping with change, but also in her interpersonal relations.

Self-esteem

While ANISHA can appreciate some of her good qualities, she does not understand how valuable they are. On the other hand, she gives her shortcomings too much importance. In some situations, she judges herself fairly, while in others, she underestimates herself.

Optimism

Generally speaking, ANISHA is happy with life. Being naturally optimistic, she looks on the bright side of things. To sum up, ANISHA can appreciate what life has to offer and she thinks that the best is yet to come.

Resilience

Failing badly at something can be discouraging for ANISHA and prevent her from moving forward. To get back on her feet, she will need a lot of time. Also, she tends to feel regret and dwell on the past.

Self-confidence

ANISHA believes in herself enough to deal with responsibility and complete her projects. She may, at times, have doubts about her abilities.

Interpersonal skills

ANISHA is not always comfortable with who she is or how she expresses herself. When asked to formulate ideas or share emotions, she does this quickly and in a confusing manner. This awkwardness is not always interpreted positively by some people and can distance her from certain relationships.

Assertiveness

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

Empathy and lucidity

ANISHA can interpret emotions and intentions correctly or mistakenly, depending on the situation at hand. ANISHA pays attention to her environment and to what others say to her, but in a slightly superficial manner. Consequently, she may miss out on certain details that could prove useful.

Mediation and influence

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