

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

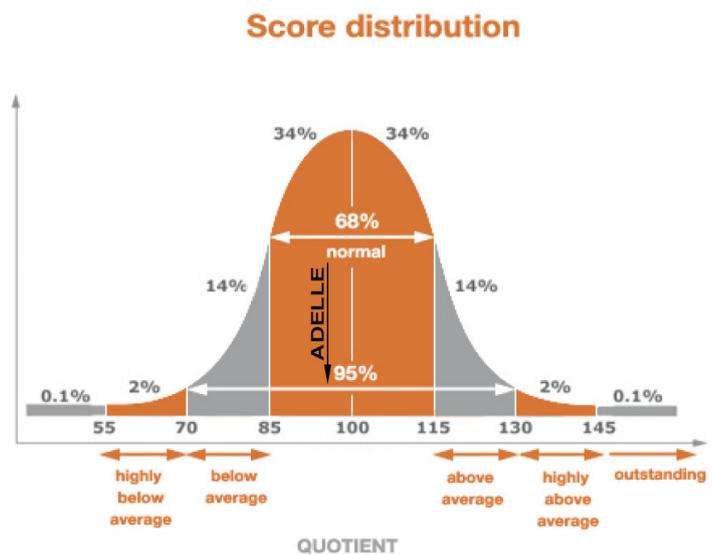
Emotional Intelligence Test-R assesses the ability to perceive, understand and manage one's own emotions and those of others.

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

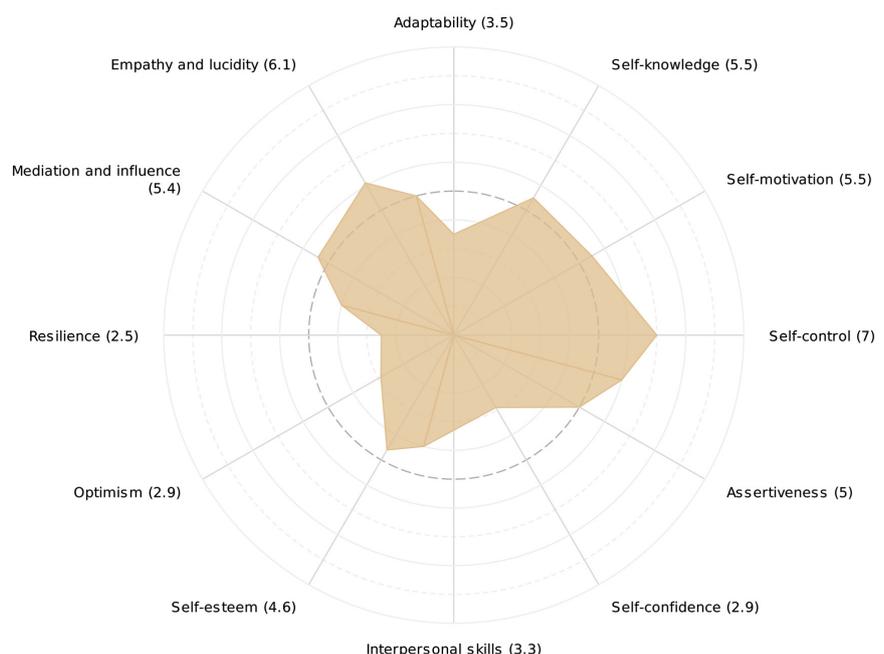
## ADELLE's score distribution

**Quotient:** 96

**Level:** ADELLE makes fair use of her emotional intelligence. She seems to be aware of her strengths and weaknesses.



## ADELLE's personality graph



## ADELLE's strengths

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

## ADELLE's main weak points

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

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

ADELLE has doubts about herself, and she does not start new activities easily. She will not take any risks unless she feels completely confident.

### **Advice for ADELLE:**

ADELLE 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!

When ADELLE encounters difficulties, she must think about the good things in her life, about what she has accomplished. She should move forward and know that the best is yet to come.

ADELLE should believe in herself, take on new challenges, and not be afraid of making mistakes. No one is infallible. By moving forward step by step, she can adjust her objectives based on what she can achieve.

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

# An interpretation of ADELLE's score

## **Self-knowledge**

ADELLE should believe in herself, take on new challenges, and not be afraid of making mistakes. No one is infallible. By moving forward step by step, she can adjust her objectives based on what she can achieve.

## **Self-control**

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

## **Self-motivation**

ADELLE's motivation is solid enough to get her through her projects. However, at times she may need encouragement to persevere.

## **Adaptability**

It is not always easy for ADELLE to accept being wrong. She 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 her.

## **Self-esteem**

While ADELLE 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**

ADELLE has a weak level of optimism. She tends to see the dark side of things and this can prevent her from fully seizing certain opportunities.

## **Resilience**

Failing badly at something can be discouraging for ADELLE. To get back on her feet she will need some time. Also, she may feel regret and dwell on the past.

## **Self-confidence**

As someone who often experiences self-doubt, ADELLE does not always venture into certain activities. This slight lack of self-assurance may sometimes prevent her from approaching others or may cause her to miss out on new opportunities.

## **Interpersonal skills**

ADELLE 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, ADELLE 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**

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

## **Mediation and influence**

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