

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

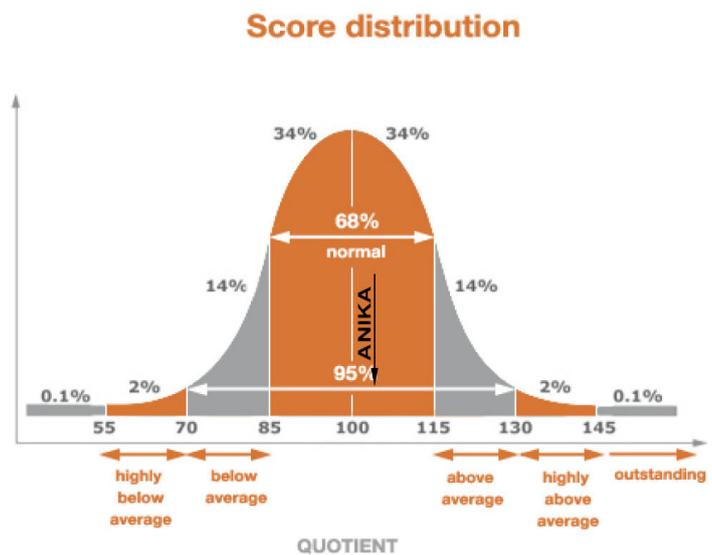
Emotional Intelligence Test-R assesses the ability to perceive, understand and manage one's own emotions and those of others.

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

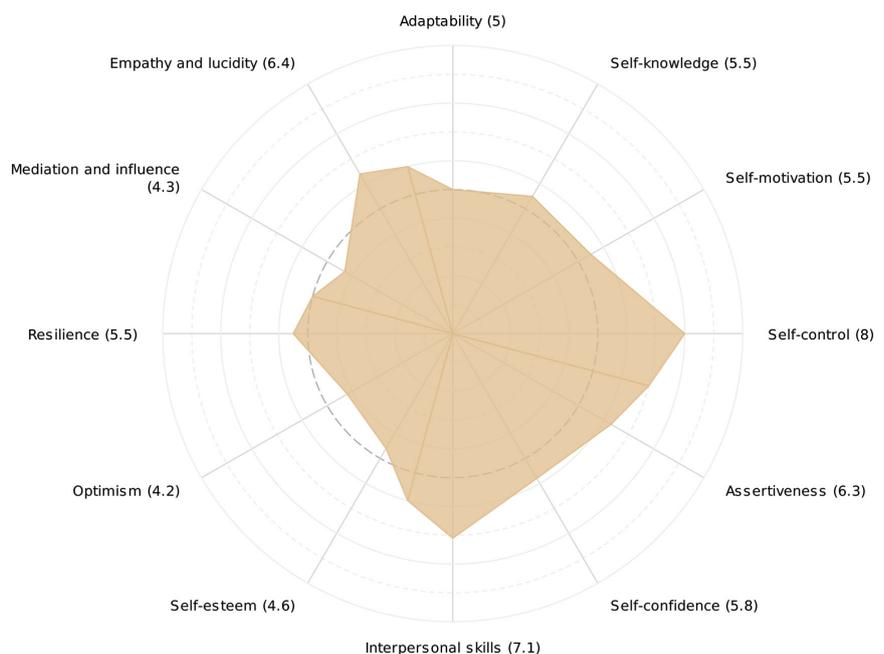
## ANIKA's score distribution

**Quotient:** 105

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



## ANIKA's personality graph



## ANIKA's strengths

Knowing how to take a step back during stressful or unusual situations, ANIKA is able to manage negative emotions and stay on track.

Being someone who likes sharing opinions and ideas, ANIKA appreciates being with others. In general, she maintains good relationships with people.

## ANIKA's main weak points

No dominant trait emerges from ANIKA's profile.

### **Advice for ANIKA:**

No dominant trait emerges from ANIKA's profile.

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

# An interpretation of ANIKA's score

## **Self-knowledge**

ANIKA's introspection skills are quite good and this helps her effectively analyze her emotions and behavior. She is not, however, always perfectly aware of all her desires and needs—it takes time for her to understand what she wants.

## **Self-control**

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

## **Self-motivation**

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

## **Adaptability**

It is sometimes hard for ANIKA to stray from habit or change her points of view if she feels particularly strong about them. She does, however, possess an ability to adapt and she is ready to accept change.

## **Self-esteem**

While ANIKA 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**

ANIKA tends to go back and forth between feeling optimistic and feeling pessimistic. While she knows how to approach certain situations with positive thinking, other situations can overwhelm her and make her become negative.

## **Resilience**

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

## **Self-confidence**

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

## **Interpersonal skills**

Her behavior and ability to express herself clearly show that ANIKA is generally comfortable with people. Her enjoyment in talking to others can be seen from day to day. As she is open to all subjects of conversation, her easygoing attitude makes her well-liked and people seek her company.

## **Assertiveness**

Generally speaking, ANIKA 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**

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

## **Mediation and influence**

ANIKA 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, ANIKA will attempt to calm everyone down, more or less effectively.