

Emotional Intelligence (EQ) Test-R for donor **BARTON**

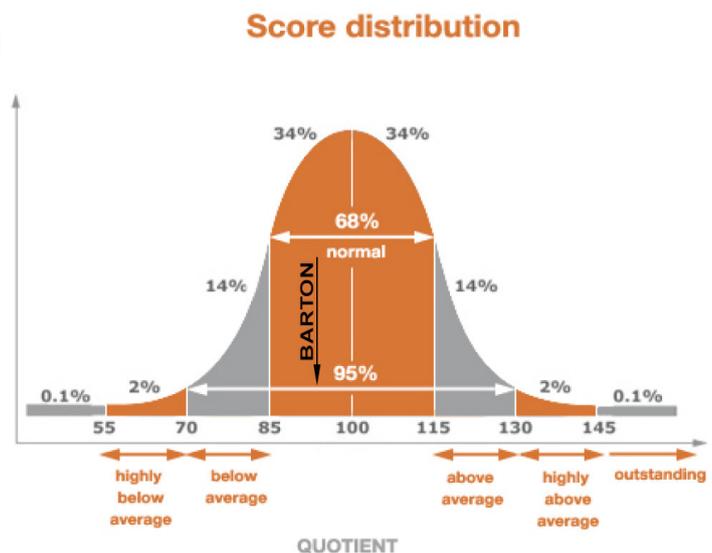
Emotional Intelligence Test-R assesses the ability to perceive, understand and manage one's own emotions and those of others.

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

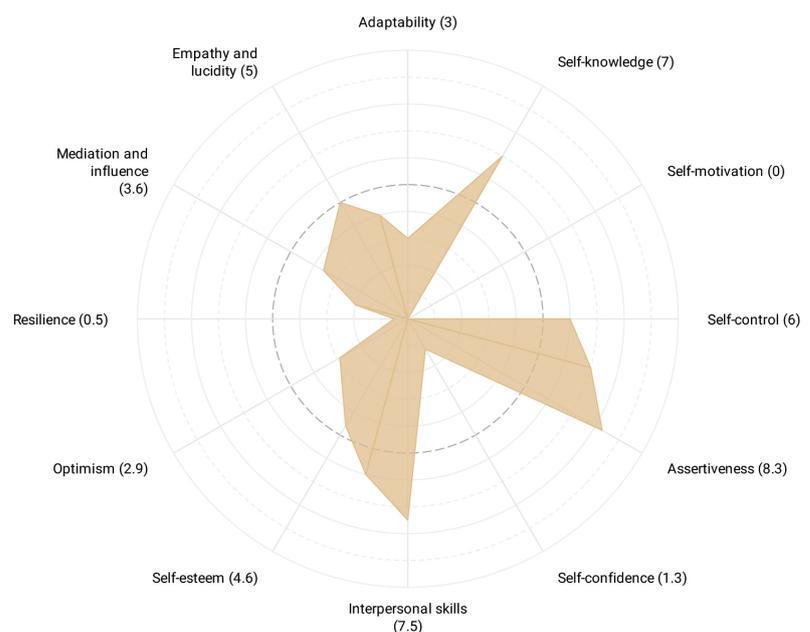
BARTON's score distribution

Quotient: 93

Level: BARTON makes fair use of his emotional intelligence. He seems to be aware of his strengths and weaknesses.



BARTON's personality graph



BARTON's strengths

BARTON always says what he thinks and how he feels. He does not run from confrontation, and he is good at defending his points of view and interests.

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

BARTON listens to his own needs. Being introspective, he has a good understanding of himself and he knows what he needs.

BARTON's main weak points

BARTON has trouble getting motivated and energized to tackle projects and activities. This attitude can have an impact on his performance and can prevent him from reaching his objectives.

It is very difficult for BARTON to get back on his feet after a big disappointment. He feels regret and has difficulty letting go of the past.

BARTON has many doubts about himself, and he does not start new activities easily. He avoids taking risks and drawing attention to himself.

Advice for BARTON:

BARTON should set precise objectives and analyze what prevents him from moving forward. BARTON should determine what depends on him and what depends on outside factors. This will help him to make progress without getting discouraged.

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

BARTON should believe in his abilities, take on challenges, and should not be afraid of making mistakes. No one is infallible. By moving forward step by step, he can adjust his objectives based on what he can achieve.

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

An interpretation of BARTON's score

Self-knowledge

BARTON'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

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

Self-motivation

Getting motivated on his own is not easy for BARTON. He can have trouble setting precise objectives and persevering.

Adaptability

It is not always easy for BARTON 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

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

Optimism

BARTON 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

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

Self-confidence

As someone who experiences much self-doubt, BARTON does not venture into certain activities. This lack of self-assurance can prevent him from approaching others and may cause him to miss out on new opportunities.

Interpersonal skills

His behavior and ability to express himself clearly show that BARTON 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

BARTON insists on sincerely expressing his point of view, even when others do not agree. He is ready to deal with confrontation and he never runs from heated debate or lengthy discussion. He is open to exchanging ideas and finding constructive compromise, even when this takes much time.

Empathy and lucidity

Generally speaking, BARTON can correctly interpret the intentions or emotions of others. BARTON 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

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