

# EQ-i<sup>2.0</sup>® Model

## Emotional and Social Functioning

As you explore each EQ element, decide how active it is in your life, and check the appropriate box: Low, Mid-Range or High. Low activity does not necessarily mean low skills and High does not necessarily mean refined ability.

	LOW	MID-RANGE	HIGH
<b>Self Perception Composite:</b>			
Self-Regard			
Self-Actualization			
Emotional Self-Awareness			
<b>Self Expression Composite:</b>			
Emotional Expression			
Assertiveness			
Independence			
<b>Interpersonal Composite:</b>			
Interpersonal Relationship			
Empathy			
Social Responsibility			
<b>Decision Making Composite:</b>			
Problem Solving			
Reality Testing			
Impulse Control			
<b>Stress Management Composite:</b>			
Flexibility			
Stress Tolerance			
Optimism			
<b>Well Being:</b>			
Happiness			
	LOW	MID-RANGE	HIGH