NEUROHEADWAY
Neuroscience Into Education

Emotional Intelligence Assessment – part 2

1. When I am feeling negative emotions, like anger or sadness, I try to ignore them as much as possible.

2. I think my decisions through carefully.

3. No matter what life throws at me, I believe I can deal with it.

4. I feel that without my friends or family, I would be nothing - I might as well not even exist.