The Trait Emotional Intelligence Questionnaire (TEIQue)

Factor	Facet	Score (Out Of 7)	Interpretation
Well-Being	Happiness	6.2	High level of life satisfaction and contentment.
	Optimism	6.0	Very positive outlook on life.
	Self-Esteem	5.8	Strong confidence in one's worth and abilities.
Self-Control	Emotion Regulation	5.5	Good ability to manage and control emotions.
	Stress Management	5.2	Effective handling of stress and pressure.
	Impulsiveness (Low)	5.0	Fair control over impulses; some room for improvement.
Emotionality	Empathy	6.1	Strong ability to understand and share others' feelings.
	Emotion Perception	5.9	Good recognition and understanding of emotion
	Emotion Expression	5.4	Moderate ability to communicate emotions; could improve clarity.
	Relationships	6.3	Excellent capacity to form and maintain satisfying interpersonal relationships.
Sociability	Social Awareness	5.7	Good understanding of social dynamics and norms.
	Emotion Management	5.6	Effective in managing others' emotions.
	Assertiveness	5.9	Confident in expressing opinions and standing up for oneself.
Global Trait El Score		72.6/91	High overall trait emotional intelligence with particular strengths in well-being and emotionality.



<u>Technical Manual For The Trait Emotional Intelligence</u> <u>Questionnaires</u>

Judd E. Hollander

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