

Test Your Emotional Intelligence

How well do you read other people?



Your Score: 11/20

You've got some work to do. Your score places you below average at reading expressions. But don't worry: Research suggests that people can improve their emotion recognition skills with practice. So keep an eye out for our

The presence of a high level of emotional intelligence is considered as the ability to perceive, recognize and manage one's own and others' emotions correctly. - This should bring beneficial effects in all aspects of the individual's daily life. With this test, I found out that my emotional intelligence score is below average (11/20) in reading expressions, so I have work to do.

- In detail, those with emotional intelligence should:
- Having better social relationships;
- Having better family and romantic relationships;
- Being perceived by others in a more positive way than individuals with low emotional intelligence;
- Being able to establish better relationships in the workplace than those who do not have, or have a low level, of emotional intelligence;
- Be more likely to understand yourself and make correct decisions based on both logic and emotions;
- Have a better academic performance;
- Enjoy greater psychological well-being.

Not always the ability to manage the emotions of others to achieve goals can be considered as a positive aspect, since this ability could be used improperly as a "weapon" to manipulate thinking and action of others in one's favour.