***The Assessing Emotions Scale1***

Directions: Each of the following items asks you about your emotions or reactions associated with emotions. After deciding whether a statement is generally true for you, use the 5-point scale to respond to the statement. Please circle the “1” if you strongly disagree that this is like you, the “2” if you somewhat disagree that this is like you, “3” if you neither agree nor disagree that this is like you, the “4” if you somewhat agree that this is like you, and the “5” if you strongly agree that this is like you.

There are no right or wrong answers. Please give the response that best describes you.

1 = strongly disagree

2 = somewhat disagree

3 = neither agree nor disagree

4 = somewhat agree

5 = strongly agree

1. I know when to speak about my personal problems to others. 1 2 3 4 5

2. When faced with obstacles, I remember times I faced similar obstacles and overcame them. 1 2 3 4 5

3. I expect that I will do well on most things I try. 1 2 3 4 5

4. Other people find it easy to confide in me. 1 2 3 4 5

5. I find it hard to understand the non-verbal messages of other people. 1 2 3 4 5

6. Major events of my life have led me to re-evaluate what is important and not important. 1 2 3 4 5

7. When my mood changes, I see new possibilities. 1 2 3 4 5

8. Emotions are one of the things that make my life worth living. 1 2 3 4 5

9. I am aware of my emotions as I experience them. 1 2 3 4 5

10. I expect good things to happen. 1 2 3 4 5

11. I like to share my emotions with others. 1 2 3 4 5

12. When I experience a positive emotion, I know how to make it last. 1 2 3 4 5

13. I arrange events others enjoy. 1 2 3 4 5

14. I seek out activities that make me happy. 1 2 3 4 5

15. I am aware of the non-verbal messages I send to others. 1 2 3 4 5

16. I present myself in a way that makes a good impression on others. 1 2 3 4 5

17. When I am in a positive mood, solving problems is easy for me. 1 2 3 4 5

18. By looking at their facial expressions, I recognize the emotions people are experiencing. 1 2 3 4 5

19. I know why my emotions change. 1 2 3 4 5

20. When I am in a positive mood, I am able to come up with new ideas. 1 2 3 4 5

21. I have control over my emotions. 1 2 3 4 5

22. I easily recognize my emotions as I experience them. 1 2 3 4 5

23. I motivate myself by imagining a good outcome to tasks I take on. 1 2 3 4 5

24. I compliment others when they have done something well. 1 2 3 4 5

25. I am aware of the non-verbal messages other people send. 1 2 3 4 5

26. When another person tells me about an important event in his or her life, I almost feel as though I experienced this event myself. 1 2 3 4 5

27. When I feel a change in emotions, I tend to come up with new ideas. 1 2 3 4 5

28. When I am faced with a challenge, I give up because I believe I will fail. 1 2 3 4 5

29. I know what other people are feeling just by looking at them. 1 2 3 4 5

30. I help other people feel better when they are down. 1 2 3 4 5

31. I use good moods to help myself keep trying in the face of obstacles. 1 2 3 4 5

32. I can tell how people are feeling by listening to the tone of their voice. 1 2 3 4 5

33. It is difficult for me to understand why people feel the way they do. 1 2 3 4 5

***Description of the Measure and Scoring Instructions***

Total scale scores are calculated by reverse coding items 5, 28 and 33, and then summing all items. Scores can range from 33 to 165, with higher scores indicating more characteristic emotional intelligence.

TOTAL SCORE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Subscales for those who are interested in further breakdown by area:**

The items comprising the subscales based on these factors (Ciarrochi et al., 2001) are as follows: Perception of Emotion (items 5, 9, 15, 18, 19, 22, 25, 29, 32, 33)

Managing Own Emotions (items 2, 3, 10, 12, 14, 21, 23, 28, 31)

Managing Others‟ Emotions (items 1, 4, 11, 13, 16, 24, 26, 30)

Utilization of Emotion (items 6, 7, 8, 17, 20, 27)

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Source:

1. Nicola S. Schutte, John M. Malouff and Navjot Bhullar Schutte, N.S., Malouff, J.M., & Bhullar, N. (2009). The Assessing Emotions Scale. C. Stough, D. Saklofske & J. Parker (Eds.), *The Assessment of Emotional Intelligence*. New York: Springer Publishing, 119-135.