

Emotional Regulation Self-Assessment

All change begins with awareness. Use the self-assessment below to assess how well you are managing emotions in the workplace. 1 represents that you do not show this characteristic very often, or not at all, and 5 represents that you do that item consistently well.

1 2 3 4 5	I maintain a calm demeanor even when I feel like blowing a fuse.
1 2 3 4 5	I adapt to workplace changes well, even when I disagree with them.
1 2 3 4 5	I know my emotional triggers.
1 2 3 4 5	I complete commitments in a timely fashion. I am reliable.
1 2 3 4 5	I speak up to the person who I am having a disagreement with rather than going to others to complain.
1 2 3 4 5	I stand up for myself with a calm, pleasant, clear and professional demeanor when I feel that there are unjust practices occurring in the workplace.
1 2 3 4 5	I manage my anger in such a way that it does not reflect poorly on me as a professional and does not interfere with my relationships at home or work.
1 2 3 4 5	I confidently and consistently manage my emotional triggers in such a way as to maintain my professionalism and composure.
1 2 3 4 5	I am a good communicator in the face of conflict.
1 2 3 4 5	I stay motivated and maintain an optimal work performance regardless of emotionally challenging dynamics.
1 2 3 4 5	I feel positive about and in control of my career and day-to-day work.
1 2 3 4 5	I manage stress so that I can stay focused and productive.
1 2 3 4 5	I address conflicts with colleagues in a collegial, professional manner rather than avoiding them.
1 2 3 4 5	I know when to take a "time out" to regain emotional control.
1 2 3 4 5	I moderate my tone of voice and facial expressions so that I maintain a positive and professional presence.



Score:

15-30 - You are having significant difficulty with your emotional regulation and need to set goals, practice strategies and discuss your progress with a supervisor or other trusted mentor.

31-46 - You likely have a solid awareness of your communication gaps and challenges with emotional regulation. Goals, practice and consistent dialogue about the topic will further assist you.

47-62 - You have a solid understanding of your emotions and are developing good ability to manage them in difficult circumstances. Keep increasing your awareness and practicing your skills.

63-75 - You could be teaching this seminar! You have it handled and have developed a high degree of emotional strength and intelligence.

