

Multi-Health Systems Inc.

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Multi-Health Systems Inc.

BarOn EQ-i:YV

by Reuven Bar-On, Ph.D. & James D. A. Parker, Ph.D.

Name: _____

Gender: **M** **F**
(Circle One)

Birthdate: ____/____/____ Age: _____ Today's Date: ____/____/____
Month Day Year Month Day Year

Instructions: Read each sentence and choose the answer that best describes you. There are FOUR possible answers. 1 = Very Seldom True of Me; 2 = Seldom True of Me; 3 = Often True of Me; and 4 = Very Often True of Me. Tell us how you feel, think, or act MOST OF THE TIME IN MOST PLACES. Choose one, and only ONE answer for each sentence, and circle the number that matches your answer. For example, if your answer is "Seldom True of Me", you would circle the number 2 on the same line as the sentence. This is not a test; there are no "good" or "bad" answers. Please circle an answer for every sentence.

	Very Seldom True of Me	Seldom True of Me	Often True of Me	Very Often True of Me
1. I enjoy having fun.	1	2	3	4
2. I am good at understanding the way other people feel.	1	2	3	4
3. I can stay calm when I am upset.	1	2	3	4
4. I am happy.	1	2	3	4
5. I care what happens to other people.	1	2	3	4
6. It is hard to control my anger.	1	2	3	4
7. It is easy to tell people how I feel.	1	2	3	4
8. I like everyone I meet.	1	2	3	4
9. I feel sure of myself.	1	2	3	4
10. I usually know how other people are feeling.	1	2	3	4
11. I know how to keep calm.	1	2	3	4
12. I try to use different ways of answering hard questions.	1	2	3	4
13. I think that most things I do will turn out okay.	1	2	3	4
14. I am able to respect others.	1	2	3	4
15. I get too upset about things.	1	2	3	4
16. It is easy for me to understand new things.	1	2	3	4
17. I can talk easily about my feelings.	1	2	3	4
18. I have good thoughts about everyone.	1	2	3	4
19. I hope for the best.	1	2	3	4
20. Having friends is important.	1	2	3	4
21. I fight with people.	1	2	3	4
22. I can understand hard questions.	1	2	3	4
23. I like to smile.	1	2	3	4
24. I try not to hurt other people's feelings.	1	2	3	4
25. I try to stick with a problem until I solve it.	1	2	3	4
26. I have a temper.	1	2	3	4
27. Nothing bothers me.	1	2	3	4
28. It is hard to talk about my deep feelings.	1	2	3	4
29. I know things will be okay.	1	2	3	4
30. I can come up with good answers to hard questions.	1	2	3	4

Items continued on next page...



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	Very Seldom True of Me	Seldom True of Me	Often True of Me	Very Often True of Me
31. I can easily describe my feelings.	1	2	3	4
32. I know how to have a good time.	1	2	3	4
33. I must tell the truth.	1	2	3	4
34. I can come up with many ways of answering a hard question when I want to.	1	2	3	4
35. I get angry easily.	1	2	3	4
36. I like doing things for others.	1	2	3	4
37. I am not very happy.	1	2	3	4
38. I can easily use different ways of solving problems.	1	2	3	4
39. It takes a lot for me to get upset.	1	2	3	4
40. I feel good about myself.	1	2	3	4
41. I make friends easily.	1	2	3	4
42. I think I am the best in everything I do.	1	2	3	4
43. It is easy for me to tell people what I feel.	1	2	3	4
44. When answering hard questions, I try to think of many solutions.	1	2	3	4
45. I feel bad when other people have their feelings hurt.	1	2	3	4
46. When I am mad at someone, I stay mad for a long time.	1	2	3	4
47. I am happy with the kind of person I am.	1	2	3	4
48. I am good at solving problems.	1	2	3	4
49. It is hard for me to wait my turn.	1	2	3	4
50. I enjoy the things I do.	1	2	3	4
51. I like my friends.	1	2	3	4
52. I do not have bad days.	1	2	3	4
53. I have trouble telling others about my feelings.	1	2	3	4
54. I get upset easily.	1	2	3	4
55. I can tell when one of my close friends is unhappy.	1	2	3	4
56. I like my body.	1	2	3	4
57. Even if things get hard, I do not give up.	1	2	3	4
58. When I get angry, I act without thinking.	1	2	3	4
59. I know when people are upset, even when they say nothing.	1	2	3	4
60. I like the way I look.	1	2	3	4

Thank you for completing the questionnaire.