Student Name

Enter Name of the Instructor

English

Date

Psychology

**Reaction to the EQ tests**

After taking the emotional intelligence test, I would say this test aim to check how I would behave under certain circumstances and situations. I would say, this test makes me think of my personality and my behavior. After taking this test, I came to know a little more about myself, my attitude and skills about making a wise decision under pressure or not. It was an interesting experience and activity for me to know what sort of person I am and what things can make me behave differently. I enjoyed a lot taking this test, as after this I got a chance of looking at different aspects of my personality. I learned a lot about both my positive and negative points and what things could prove my weakness and which things of my personality can be my strength.

**Comparison of the two tests**

Both the tests that I took, influenced me a lot as they gave me a chance to think of myself and how I would behave under certain conditions. Though, both the tests have different things but it won’t be wrong to say that both described me correctly as I was given options to choose how I would behave if I would be given certain options. Both the test described how well I could respond under stress (Lopes, et al, p. 641-658). They also explain to me well that I would not let my emotions take over my responsibilities, as despite being stressed I would behave as per others' expectations. Comparing the results of both the tests, one of the tests I was restricted to just choose whether I agree, disagree or neutral but in the second test, there were proper statements that taught me how well I behave in different situations.

**Influence of the tests**

From the results of both the test, I learned that I have a flexible personality. I could make my own decision along with considering other's suggestions. The results of these tests gave me self-confidence and made me realize that I am a strong-willed person who can handle every kind of situation with patience. Results showed that I have great self-control over me and I know how to react even when things don't go in my favor and most of the people lack this skill of keeping them under control under pressure so that they could take the right decision in time. This revelation from the tests gave me self-confidence and made me clear that I am on the right track. Just a few of the areas need to be worked on then I could be an ideal person who could be called emotionally stable (Saklofske, p. 937-948). Though both reflect my behavior and personality if compared both the tests in terms of accuracy, I would say the second (the one with more elaborated options) seemed more accurate than the other.

**Improvement of EQ**

To improve my EQ (Emotional Intelligence Question) score, I would need to work more on considering my instinct, though I take into consideration what others suggest it would be favorable for me to consider my views and then argue what other suggestions. I also need to take steps for improving critical thinking as it would help me in taking decisions that would serve their aims for long terms. Another thing that I could do for scoring more in next emotional intelligence test is, I must consider a situation by taking all positive and negatives in consideration, so that decisions that I take, harm no one.

Work Cited

Lopes, Paulo N., Peter Salovey, and Rebecca Straus. "Emotional intelligence, personality, and the perceived quality of social relationships." *Personality and individual Differences* 35.3 (2003): 641-658.

Saklofske, Donald H., et al. "Personality, emotional intelligence and exercise." *Journal of health psychology* 12.6 (2007): 937-948.