

## **Bar-On EQ-I Model**

### **Intrapersonal Scales**

Self-Regard: To accurately perceive, understand and accept oneself

Emotional Self Awareness: To be aware of and understand one's emotions

Assertiveness: To constructively express one's emotions and oneself

Independence: To be self-reliant & free of emotional dependency on others

Self-Actualization: To strive to achieve personal goals and actualize one's potential

### **Interpersonal Scales**

Empathy: To be aware of and understand how others feel

Social Responsibility: To identify with one's social group and cooperate with others

Interpersonal Relationship: To establish mutually satisfying relationships and relate well with others

### **Stress Management Scales**

Stress Tolerance: To effectively and constructively manage emotions

Impulse Control: To effectively and constructively control emotions

### **Adaptability Scales**

Reality Testing: To objectively validate one's feelings and thinking with external reality

Flexibility: To adapt and adjust one's feelings and thinking to new situations

Problem Solving: To effectively solve problems of a personal and interpersonal nature

### **General Mood Scales**

Optimism: To be positive and look at the brighter side of life

Happiness: To feel content with oneself, others, and life in general