



Advanced
Mindset
Profiling

jobEQ - Profiling Environment

COMET Questionnaire - Emotional Competencies

The 50 statements, which appear in random order in the Emotional Competencies questionnaire, are linked to 11 categories. This report indicates your score for each category and explains what we were measuring. Research has shown that those with high emotional intelligence experience less stress, enjoy better health, perform better and report a better quality of life. In other words, it's worth increasing yours. Given that this questionnaire is developed based on the book "7 Steps to Emotional Intelligence", we also indicate where to look to find additional information. Please remember that the jobEQ's primary purpose was to show what the COMET methodology is like "in practice". Therefore, this questionnaire may not be relevant to your personal situation. We recommend companies to set up their own questionnaires in relation to the job requirements.

We have a standard group for this competence questionnaire. The standard group indicates what is typical for how others persons answered to this questionnaire. For each competence you'll find a bar chart indicating how the reference group scored (**the red zone**), with your own score indicated by a **green line**. The standard group compares to 66% of the tested population. This means that 17% of persons will score below the reference group. These people have the lowest degree of competence. 17% will score above the reference group: these people have the highest competence. If you would score right in the middle of the red zone on the graph, your competence level is "average". Of course, the validity of the "judgement" high or low competence depends on the accuracy of the answers given.

1. Emotional Self-Awareness & State Control

This competence is a combination of awareness of own emotions and emotional choice. A person who has this competence can name the emotions they are experiencing, can cope with this emotion (e.g. find out what the message of a negative emotion is and deal with it) and even choose consciously which emotional state to be in. This competence is covered in chapters 1 & 2 of "7 Steps to Emotional Intelligence". Also see "Emotional Hostage" by Leslie Cameron.

Your score: 56% (9 on a maximum of 16 points) 

2. Self-confidence / Intuition

Someone with this competence trusts their intuition, knows their strengths and weaknesses and has an appropriate degree of self-confidence. Components of this competence are taught in a number of chapters of "7 Steps to Emotional Intelligence".

Your score: 75% (12 on a maximum of 16 points) 

3. Emotional Awareness of Others / Perceptual Positions

People with this competence acquire a complete perspective of a situation by looking at the whole picture from different angles, walking in the other person's shoes and looking through their eyes, feeling their emotions. This competence is covered in chapter 5 of "7 Steps to Emotional Intelligence".

Your score: 88% (14 on a maximum of 16 points) 

4. Planning & Well-formed outcomes / Positive Thinking

This competence indicates the ability to think positively, figure out what is within one's control, work out specific plans taking into account their effects, focus on the plans and follow them up. (see Chapter 3 of "7 Steps to emotional Intelligence")

Your score: 65% (13 on a maximum of 20 points) 

5. Vision / Mission / Values

This competence indicates the ability to work out a vision and mission, work towards common goals with others and taking into account values and beliefs. This topic is covered in Chapter 2 of "7 Steps to Emotional Intelligence". See also "The Fifth Discipline" by Peter Senge and "Visionary Leadership Skills" by Robert Dilts.

Your score: 90% (18 on a maximum of 20 points) 

6. Asking Questions / Removing booby-traps from Communication

This competence indicates knowledge that communication is a challenging art, which can be hindered by misunderstandings. A person that scores high for this competence has the skills to ask the necessary questions to clarify communication and takes precautions to minimize being misunderstood. (For more information: See Chapter 6 of "7 Steps to Emotional Intelligence" and "Drive Yourself Sane" by Kodish & Kodish.)

Your score: 63% (10 on a maximum of 16 points) 

7. Flexibility in Communication

This competence recognises that experience is subjective and perception is changed by the way we talk about it. To cope with this, this person is able to adapt the communication to the style of their conversation partner. (See chapters 6 & 7 of "7 Steps to Emotional Intelligence".)

Your score: 80% (16 on a maximum of 20 points) 

8. Overcoming Challenges/difficulties / Trespassing Boundaries

Ability to cope with mistakes and negative feedback, stay motivated, even in difficult situations, and rebound from setbacks and problems. (This competence is a combination of elements taught in chapters 1, 2, 3 & 6 of "7 Steps to Emotional Intelligence".)

Your score: 63% (10 on a maximum of 16 points) 

9. Conflict Resolution

People with this competence have a high level of trust in others. They strive to obtain a win-win outcome, even when the conditions are difficult. (Mainly covered in chapters 5 & 7 of "7 Steps to Emotional Intelligence".)

Your score: 75% (15 on a maximum of 20 points) 

10. Creativity

Persons that score high on this competence are open to new experiences and new ideas; figure out ways to realize their dreams and always strive to learn. Covered in Chapter 1 and in the Conclusion of "7 Steps to Emotional Intelligence". Also see writings by De Bono, such as "Lateral Thinking" and "Skills for the Future" by Robert Dilts.

Your score: 92% (22 on a maximum of 24 points) 

11. Presuppositions

Under this heading we have grouped a set of statements that represent beliefs that are held by people who have a high level of practical emotional intelligence. Presuppositions are covered at length in the introduction of "7 Steps to Emotional Intelligence" as well as in the introduction to each chapter.

Your score: 94% (15 on a maximum of 16 points) 

NEW: We wrote an eBook further explaining this questionnaire and explaining how to increase your EQ. [Click here to learn more!](#)

A related article: [COMET & the problems with self-assessment](#)

Thanks for filling out the questionnaire!

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