

TEIQue-SF

Instructions: Please answer each statement below by putting a circle around the number that best reflects your degree of agreement or disagreement with that statement. Do not think too long about the exact meaning of the statements. Work quickly and try to answer as accurately as possible. There are no right or wrong answers. There are seven possible responses to each statement ranging from ‘Completely Disagree’ (number 1) to ‘Completely Agree’ (number 7).

1.....2.....3.....4.....5.....6.....7

Completely Disagree **Completely Agree**

1. Expressing my emotions with words is not a problem for me.	1	2	3	4	5	6	7
2. I often find it difficult to see things from another person’s viewpoint.	1	2	3	4	5	6	7
3. On the whole, I’m a highly motivated person.	1	2	3	4	5	6	7
4. I usually find it difficult to regulate my emotions.	1	2	3	4	5	6	7
5. I generally don’t find life enjoyable.	1	2	3	4	5	6	7
6. I can deal effectively with people.	1	2	3	4	5	6	7
7. I tend to change my mind frequently.	1	2	3	4	5	6	7
8. Many times, I can’t figure out what emotion I’m feeling.	1	2	3	4	5	6	7
9. I feel that I have a number of good qualities.	1	2	3	4	5	6	7
10. I often find it difficult to stand up for my rights.	1	2	3	4	5	6	7
11. I’m usually able to influence the way other people feel.	1	2	3	4	5	6	7
12. On the whole, I have a gloomy perspective on most things.	1	2	3	4	5	6	7
13. Those close to me often complain that I don’t treat them right.	1	2	3	4	5	6	7
14. I often find it difficult to adjust my life according to the circumstances.	1	2	3	4	5	6	7
15. On the whole, I’m able to deal with stress.	1	2	3	4	5	6	7
16. I often find it difficult to show my affection to those close to me.	1	2	3	4	5	6	7
17. I’m normally able to “get into someone’s shoes” and experience their emotions.	1	2	3	4	5	6	7
18. I normally find it difficult to keep myself motivated.	1	2	3	4	5	6	7
19. I’m usually able to find ways to control my emotions when I want to.	1	2	3	4	5	6	7
20. On the whole, I’m pleased with my life.	1	2	3	4	5	6	7
21. I would describe myself as a good negotiator.	1	2	3	4	5	6	7
22. I tend to get involved in things I later wish I could get out of.	1	2	3	4	5	6	7
23. I often pause and think about my feelings.	1	2	3	4	5	6	7
24. I believe I’m full of personal strengths.	1	2	3	4	5	6	7
25. I tend to “back down” even if I know I’m right.	1	2	3	4	5	6	7
26. I don’t seem to have any power at all over other people’s feelings.	1	2	3	4	5	6	7
27. I generally believe that things will work out fine in my life.	1	2	3	4	5	6	7
28. I find it difficult to bond well even with those close to me.	1	2	3	4	5	6	7
29. Generally, I’m able to adapt to new environments.	1	2	3	4	5	6	7
30. Others admire me for being relaxed.	1	2	3	4	5	6	7

Scoring key: Reverse-score the following items and then sum up all responses

I often find it difficult to show my affection to those close to me. (R) 16
I often find it difficult to see things from another person's viewpoint. (R) 2
I normally find it difficult to keep myself motivated. (R) 18
I usually find it difficult to regulate my emotions. (R) 4
I generally don't find life enjoyable. (R) 5
I tend to change my mind frequently. (R) 7
I tend to get involved in things I later wish I could get out of. (R) 22
Many times, I can't figure out what emotion I'm feeling. (R) 8
I normally find it difficult to stand up for my rights. (R) 10
I tend to "back down" even if I know I'm right. (R) 25
I don't seem to have any power at all over other people's feelings. (R) 26
On the whole, I have a gloomy perspective on most things. (R) 12
Those close to me often complain that I don't treat them right. (R) 13
I find it difficult to bond well even with those close to me. (R) 28
I often find it difficult to adjust my life according to the circumstances. (R) 14

*Numbers on the right correspond to the position of the items in the short form of the questionnaire.

**If you would like to derive factor scores based on the long form, see Webnote 2 on the website.

Trait Emotional Intelligence Questionnaire – Short Form (TEIQue-SF). This is a 30-item questionnaire designed to measure *global* trait emotional intelligence (trait EI). It is based on the long form of the TEIQue (Petrides & Furnham, 2003). Two items from each of the 15 subscales of the TEIQue were selected for inclusion, based primarily on their correlations with the corresponding total subscale scores. This procedure was followed in order to ensure adequate internal consistencies and broad coverage of the sampling domain of the construct. Items were responded to on a 7-point Likert scale. The TEIQue has been constructed with the aim of providing comprehensive coverage of the trait EI domain (Petrides & Furnham, 2001).

Petrides, K. V. & Furnham, A. (2001). Trait emotional intelligence: Psychometric investigation with reference to established trait taxonomies. *European Journal of Personality*, 15, 425-448.

Petrides, K. V. & Furnham, A. (2003). Trait emotional intelligence: Behavioural validation in two studies of emotion recognition and reactivity to mood induction. *European Journal of Personality*, 17, 39-57.

Reference for the TEIQue-SF: Petrides, K. V. & Furnham, A. (2006). The role of trait emotional intelligence in a gender-specific model of organizational variables. *Journal of Applied Social Psychology*, 36, 552-569.

Please note that any commercial use of this instrument is strictly prohibited.

If you would like to use the long form of the TEIQue, please e-mail me at:
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For more information about the trait emotional intelligence research program go to:
www.psychometriclab.com