

TEIQue-ASF

Instructions: Please answer by putting a circle around the number that best shows how much you agree or disagree with each sentence below. If you strongly disagree with a sentence, circle a number close to 1. If you strongly agree with a sentence, circle a number close to 7. If you're not too sure if you agree or disagree, circle a number close to 4. Work quickly, but carefully. There are no right or wrong answers.

	Disagree					Agree	
1. It's easy for me to talk about my feelings to other people.	1	2	3	4	5	6	7
2. I often find it hard to see things from someone else's point of view.	1	2	3	4	5	6	7
3. I'm a very motivated person.	1	2	3	4	5	6	7
4. I find it hard to control my feelings.	1	2	3	4	5	6	7
5. My life is not enjoyable.	1	2	3	4	5	6	7
6. I'm good at getting along with my classmates.	1	2	3	4	5	6	7
7. I change my mind often.	1	2	3	4	5	6	7
8. I find it hard to know exactly what emotion I'm feeling.	1	2	3	4	5	6	7
9. I'm comfortable with the way I look.	1	2	3	4	5	6	7
10. I find it hard to stand up for my rights.	1	2	3	4	5	6	7
11. I can make other people feel better when I want to.	1	2	3	4	5	6	7
12. Sometimes, I think my whole life is going to be miserable.	1	2	3	4	5	6	7
13. Sometimes, others complain that I treat them badly.	1	2	3	4	5	6	7
14. I find it hard to cope when things change in my life.	1	2	3	4	5	6	7
15. I'm able to deal with stress.	1	2	3	4	5	6	7
16. I don't know how to show the people close to me that I care about them.	1	2	3	4	5	6	7
17. I'm able to "get into someone's shoes" and feel their emotions.	1	2	3	4	5	6	7
18. I find it hard to keep myself motivated.	1	2	3	4	5	6	7
19. I can control my anger when I want to.	1	2	3	4	5	6	7
20. I'm happy 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. Sometimes, I get involved in things I later wish I could get out of.	1	2	3	4	5	6	7
23. I pay a lot of attention to my feelings.	1	2	3	4	5	6	7
24. I feel good about myself.	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'm unable to change the way other people feel.	1	2	3	4	5	6	7
27. I believe that things will work out fine in my life.	1	2	3	4	5	6	7
28. Sometimes, I wish I had a better relationship with my parents.	1	2	3	4	5	6	7
29. I'm able cope well in new environments.	1	2	3	4	5	6	7
30. I try to control my thoughts and not worry too much about things.	1	2	3	4	5	6	7

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

I don't know how to show the people close to me that I care about them. (R) 16

I often find it hard to see things from someone else's point of view. (R) 2

I find it hard to keep myself motivated. (R) 18

I find it hard to control my feelings. (R) 4

My life is not enjoyable. (R) 5

I change my mind often. (R) 7

Sometimes, I get involved in things I later wish I could get out of. (R) 22

I find it hard to know exactly what emotion I'm feeling. (R) 8

I find it hard to stand up for my rights. (R) 10

I tend to "back down" even if I know I'm right. (R) 25

I'm unable to change the way other people feel. (R) 26

Sometimes, I think my whole life is going to be miserable. (R) 12

Sometimes, others complain that I treat them badly. (R) 13

Sometimes, I wish I had a better relationship with my parents. (R) 28

I find it hard to cope when things change in my life. (R) 14

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

Trait Emotional Intelligence Questionnaire – Adolescent Short Form (TEIQue-ASF).

The TEIQue-ASF is a simplified version, in terms of wording and syntactic complexity, of the adult short form of the TEIQue. The ASF comprises 30 short statements, two for each of the 15 trait EI facets, designed to measure *global* trait EI. It is also possible to derive factor scores from the TEIQue-ASF, but these tend to be somewhat less reliable. For details on how to derive factor scores, go to www.psychometriclab.com The internal consistency of the global score usually exceeds .80. The form has been used successfully with children as young as 11 years old.

Reference for the TEIQue-ASF: Petrides, K. V., Sangareau, Y., Furnham, A., & Frederickson, N. (2006). Trait emotional intelligence and children's peer relations at school. *Social Development, 15*, 537-547.

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

For more information about the trait emotional intelligence research program go to:
<http://www.psychometriclab.com>