Over 600 Psychological Quizzes

What's Your Emotional



Assess your weaknesses and strengths in your emotions & feelings and groom fuller personality

WHAT'S YOUR Emotional IQ

Over 600 Psychological Quizzes

Aparna Chattopadhyay

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DEDICATED TO

Those who desire to build a new world within them...

AUTHOR'S NOTE

"Compared to what we ought to be, we are only half awake We are making use of only a small part Of our physical and mental resources. The human individual possesses powers Of various sorts which he habitually fails to use."

-William James, 19th century psychologist.

ur mental world is stranger than we guess. Some of The richest moments of our lives come from awareness of our hidden selves, immense capabilities and potentialities, which had been unknown to us. Many of us spend a lifetime going nowhere, bogged down in disillusionment and frustration. It happens because we don't know much about ourselves. Neither we know how to cope with our problems that are created by our environment. Our selfconcept includes all the proportions of "I" and "me", together with the feelings, beliefs and values associated with them. Though the self-concept itself does not do anything, it exerts a tremendous influence on the way we think and act as a whole. Our overall self-concept, in fact, tends to be an organized cluster of many selves. It helps to explain why we do not always act consistently. It is a common practice to identify our body image (how we perceive and feel about our body), our self-image (the self we see ourselves to be), our ideal self (the self we'd like to be) and our social self (the way we feel others see us). Our tendency to see and act in a consistent manner is also strengthened by our *self-esteem*—the present evaluation of ourselves and the resulting feelings of worth associated with our self-concept.

Self-awareness and mental training can help us believe ourselves even under severe pressure and enable us to achieve miracles in our lives. We can thus overcome our mental blocks and self doubts and tap our inner reservoir of energy to control our actions and environment without conscious or deliberate effort.

The amazing impact of this over our destiny can hardly be over emphasized. Latest psychological research show that an individual's Emotional Quotient (EQ) contributes much more vibrantly to one's productivity and success in life than even the much researched intelligence quotient. Daniel Goleman, author of the groundbreaking, New York Times bestseller, **Emotional Intelligence**, states, "What factors are at play when people of high IQ flounder and those of modest IQ do surprisingly well? I would argue that the difference quite often lies in the abilities called *emotional intelligence*, which include self-control, zeal and persistence, and the ability to motivate oneself. These skills can be taught to children, giving them a better chance to use whatever intellectual potential the genetic lottery may have given them."

"These are the times", he further maintains, "when the fabric of society seems to unravel at even greater speed, when selfishness, violence, and a meanness of spirit seem to be rotting the goodness of our communal lives. There is growing evidence that fundamental ethical stances in life stem from underlying emotional capacities. For one impulse is the medium of emotion; the seed of al' impulse is a feeling bursting to express itself in action. Those who are at the mercy of impulse—who lack self-control—suffer a moral deficiency. The ability to control impulse is the base of will and character. By the same token, the root of altruism lies in empathy, the ability to read emotions in others. If there are any two moral stances that our times call for, they are precisely these, self-restraint and compassion."

This collage of over 600 quizzes aims at unraveling your emotional tendencies to you and intend you to move easily through the maze of your own mental world. They strive to connect you to a world of psychological possibilities. They allow you to prepare and practise your response to physical and psychological problems, so that if they do occur, you can respond to them competently and confidently. Understanding the interplay of brain structures that rule our moments of rage and fear—or passion and joy—reveals much about how we have learnt the emotional habits. Most important, the neurological data suggest a window of opportunity for shaping our children's emotional habits.

The incredible power of your self-image has an amazing impact on your destiny. These quizzes enable you to drift into a voyage of self discovery and improvement which is the dire need of the hour, since the present scenario of heightened technological and social changes has intensified the challenge of self direction more than ever before. Also the need to learn more about ourselves and our world as a means of directing our lives more effectively is especially true in a democratic society like ours, where we enjoy greater personal freedom and take greater pride in personal achievements than people in more traditional societies. Precisely for this very reason, we tend to be more vulnerable to psychological insecurity, confusion and loneliness.

Hence, if the human mind continues to remain life's subtle riddle, unfold some of your mental mysteries with the aid of these quizzes which provide practical steps for you to apply rightaway, and make them a reference point that you will return to again and again.

Aparna Chattopadhyay

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1 ASSESS YOUR DISTINCT PERSONALITY TYPE

Each one of us is born with an exclusive self, the essence of our survival, the one that often says in so many ways, "Me, me. I want, I need affection, affirmation, approval, power, recognition, security, achievement." The list is long. We each have a dominant set of motivations and needs that shape our personality and behaviour, based on what matters most to us, and what seems to be the best way to achieve the gratification of our inner desires.

The following group of statements denotes certain personality types. Tick 'yes' or 'no' answer to each question in each group and try assessing your distinct personality type.

Group A

- Q. 1. Do you like situations which provide you an opportunity to take personal responsibility for finding solutions to problems? (Yes/No)
- Q. 2. Do you prefer to set moderate achievement goals, attainable with hard work and ability? (Yes/No)
- Q. 3. Do you prefer to take calculated risks and work on the outcome of a challenging job? (Yes/No)
- Q. 4. Do you often look for a concrete feedback on how well you have done a job? (Yes/No)
- Q. 5. Do you often consider a challenging job itself enough motivation for you? (Yes/No)

- Q. 6. Does goal motivation make you a classic entrepreneur achiever? (Yes/No)
- Q. 7. Do you like reading books regarding how to accomplish something? (Yes/No)

Group B

- Q. 8. Do you often need to gain confirmation of your own beliefs from others? (Yes/No)
- Q. 9. Would you rather be a part of a group than work alone? (Yes/No)
- Q. 10. Do you take extra pains to be liked by others? (Yes/No)
- Q. 11. Do you often prefer conciliation to dislike, conflict and try to find ways to smooth things out? (Yes/No)
- Q. 12. Do you cooperate and help others, wanting to be liked in return? (Yes/No)
- Q. 13. Do you look for the most popular 'how-to' books to make yourself more likeable from current accepted point of view? (Yes/No)
- Q. 14. Do you feel much free complaining about exactly what's wrong with a stranger (such as a co-passenger) than you do to those you work with or live with? (Yes/No)

Group C

- Q. 15. Does your chief objective lie in obtaining and exercising power and authority? (Yes/No)
- Q. 16. Do you look for positions in which you are the ultimate authority or can make a highly personal visible impact? (Yes/No)
- Q. 17. Are you often most interested in making an impact and influencing people? (Yes/No)

- Q. 18. Do you often maintain a 'couldn't care less attitude' towards your critics and feel you know better who you are and what you want? (Yes/No)
- Q. 19. Do you often succeed in working out your rationale and fostering it with your power? (Yes/No)
- Q. 20. Do you often choose reading historical biographies of strong, successful, and charismatic leaders?

(Yes/No)

Interpretation

Identify your group by counting and adding your 'yes' answers for each group separately. If you find yourself identifying and scoring the maximum marks for:

Group A: The achiever

You are an achiever whose theme song is 'climb every mountain'. Being an internally motivated person with high self-set standards of excellence and goals, you are strongly driven by achievement.

Group B: I need people

You care most about relating to others and how others treat you. This is such a high priority item with you that it influences all the choices you make about your behavioural pattern.

Group C: The machiavellianist

You belong to the category who want to obtain and exercise power and authority and wish to make a visible impact on others. You care most for influencing others to make something work. You don't seem to worry much about critics and appear solid in your moves.

2

WHAT'S YOUR EMOTIONAL IQ?

Psychologists agree that IQ contributes only about 20 per cent of the factors that determine success. A full 80 per cent comes from other factors. What is known as one's emotional intelligence. While you're busy building an image for others with your high IQ levels and laudable academic qualifications, how many times do you take a long hard look at your emotional IQ? Here are some queries which might interest you to acquaint yourself with regard to your emotional status in this respect:

- Q. 1. Do you know your "somatic markers" or gut feelingsi.e. your awareness about your irritability, anxiety or insecurity over certain things in life? (Yes/No)
- Q. 2. In matters of mood management do you generally
 - a. Have little control over your mood when swept by emotion and your mood persists over a considerable period of time? (Yes/No)
 - b. Take to "reframing" an unpleasant situation by constantly reinterpreting it in a more positive light in order to shed off a bad mood?(Yes/No)
- Q. 3. Does the brighter side of things appeal to you mostly and you tend to feel optimistic about life generally? (Yes/No)
- Q. 4. Do you often perceive clear goals in life with a "can do" attitude in life? (Yes/No)
- Q. 5. In a failure situation do you usually
 - a. Attribute the failure to yourself saying "I'm a failure; I'll never make it to the top?" (Yes/No)

- Blame the failure on the situation, not on yourself, and optimistically feel motivated to make the next attempt? (Yes/No)
- Q. 6. Do you generally exercise impulse control and discipline yourself to overcome an immediate temptation reminding yourself of your precious long-term goal? (Yes/No)
- Q. 7. Are you usually able to discern and empathise with the feelings and emotions of others? (Yes/No)
- Q. 8. Do you generally live and play, cry and love, taking one day at a time? (Yes/No)
- Q. 9. Do you usually adapt yourself easily to stressful situations, maintaining your pressure toleration quotient high? (Yes/No)
- Q. 10. Do you mostly set aside some time for relaxation everyday for release from practical problems of living? (Yes/No)
- Q. 11. Do you accept yourself as you are, with your strengths and weaknesses? (Yes/No)
- Q. 12. Do you tend to live each day as if it's your last and shed minor irritations that ordinarily plague you? (Yes/No)

Correct answers

Yes: 1, 2b, 3, 4, 5b, 6, 7, 8, 9, 10, 11, and 12. Score one mark for each correct answer.

Interpretation

- **A. Scores 9-12:** Excellent emotional intelligence, denoting vibrant qualities of self-awareness, mood management, self motivation and impulse control and sensitivity for people.
- B. Scores 5-8: Balanced emotional stability.
- C. Scores 1-4: Stunted emotional IQ. Mental blockage and fixation.

3 CAN YOU BLOW AWAY YOUR BLUES?

It is estimated that at least 20 to 30 per cent of the adult population go through a case of severe depression at least once in their lives. Insomnia, lack of concentration and fatigue to emotional paralysis and suicidal thoughts are symptoms of depression—a malady which has long been considered a disease of life's middle or later years. Strangely enough, doctors are now reporting a surprising surge in cases among the modern youth too.

Depression covers everything from the usual blue periods we all go through to the more serious clinical type of depression which needs to be treated by a Psychiatrist.

Here are a few questions which reflect your efficiency and skill in your coping-mechanism with regard to blowing away your blues. **Check for yourself if, when under a bout of depression, you:**

- Q. 1. Do something constructive like an exercise, a long walk, or an outing. (Yes/No)
- Q. 2. Volunteer work, community service or such neighbourly gestures as shopping for an elderly invalid person? (Yes/No)
- Q. 3. Focus on social interactions, especially get-togethers with friends, projects that make you feel competent, such as mastering a new skill and pleasurable events including a dinner out or a movie? (Yes/No)

Q. 4. Try smiling and re-shaping your emotions through deliberate behaviour patterns such as walking briskly, sitting upright, and adapting a lively posture?

(Yes/No)

- Q. 5. Try to brighten your days by decorating and illuminating your living space, when faced with seasonal affective disorder (SAD) resulting into a light-sensitive depression in which mood slumps coincide with dark winter months? (Yes/No)
- Q. 6. Believe in the quotation of Psychiatrists that "The decision to help yourself is the key to feeling better?" (Yes/No)
- Q. 7. Ask yourself "why am I feeling depressed?" and feel the need to be with yourself and think your life? (Yes/No)
- Q. 8. Ask yourself "what am I looking for?—Money, power, peace, happiness, harmony?" (Yes/No)
- Q. 9. Rearrange your life and get your priorities right by finding out if some things that you do are really worth it or not? (Yes/No)
- Q. 10. Manage your time, no matter how burdened you are, and find time for some creative activity and some leisure in your daily routine? (Yes/No)
- Q. 11. Believe firmly in and practise meditation through prayer and worship of God? (Yes/No)

Assign one mark for every "Yes" answer to the above questions.

Interpretation

9 or more "yes" answers: You have a sound mechanism for coping with depression. You are adaptable, creative and intelligent. You are not likely to suffer from this malady frequently as you know the art of tackling it successfully.

5-8 "yes" answers: You aren't adept at managing your depression and tend to be moody, pessimistic and neurotic.

You must change your thought patterns towards a more positive direction and develop some absorbing creative hobbies.

4 or less "yes" answers: Yours is a serious case of a maladjusted psyche. Pessimism seems to be overpowering you, crippling your will-power and confidence. You must indulge in psycho-therapy and check these negative tendencies at the earliest.

4

YOUR HANDWRITING ANALYSIS

"Conscious handwriting is an unconscious drawing," contends Max Pulver, an eminent Swiss psychologistcum-graphologist. With one's handwriting, the individual paints his own portrait as reflections of one's innate tendencies. The emotional-self can be analysed accurately through the analysis of one's handwriting. Criminal tendencies have been often found to signal themselves in the handwritings of psychotics. Likewise, treatment of personality and character disorders through deliberate changes in the handwriting have opened up new vistas of research in this field. The newest development in the area of pathology has been the amazing detection of the dreaded cancer from handwriting by a famous graphologist Alfred Kanfer, who could detect up to eighty per cent of cancer patients from their handwritings alone. His thirty vears of research in the field at Vienna and New York won him the acclaim and aid from the Handwriting Institute, New York. In-depth research in the field by the Nobel laureate French Philosopher Henri Bergson and eminent scientists and Psychologists such as Dr Pierra Lanet, Max Pulver, C.G. Leeng, Ludwig Klages, W. Heger and many others were successful in bringing to surface the deeply repressed and unconscious human drives by studying the handwritings. Research has shown, for instance, that the slant in one's handwriting denotes the degree of expression or restraint, the baseline direction defines the mood, whereas the speed determines the rhythm of one's physical and mental activity.