

## Knowing and respecting your Emotions – Are you emotionally mature?

### QUESTIONNAIRE

**(Please note: This is only a sample provided by the author based on personal opinion and experience. The questionnaire and scoring are that of the author's and is NOT a standardized Scale)**

**Read each statement carefully and place a tick in the appropriate column. Try to be objective and honest in your answers.**

S.No	Statements	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
1.	I find it easier to do what others direct me to do					
2.	I like to be dependent on others					
3.	I do not feel confident enough to take my own decisions					
4.	I need a person to encourage me or to give me the push to do tasks					
5.	I prefer to ask others' opinion to solve problems or tackle issues					
6.	I develop fear of new situations or meeting unknown people					
7.	I easily get frustrated and give up if situations do not happen to my wishes					
8.	I engage in self-pity when I meet with failures					
9.	I easily get angered and lose control of my emotions					
10.	I get disoriented or restless when I have too many things on my mind					
11.	I do not get along well with my family , friends or colleagues					
12.	I have very few friends					
13.	I like to argue my point of view and do not compromise even when I know I am wrong					
14.	I do not think it is necessary to think of others' feelings when you know you are not wrong					
15.	I am more concerned of my feelings than others' feelings or emotions					

16.	I am quick to give my feedback or criticism to others					
17.	I will not forgive if someone does me a wrong					
18.	I get confused easily when I am stressed					
19.	I am quite temperamental in nature and have mood swings					
20.	I make sure to justify my behavior and emotions to others					
21.	I expect others to obey me and do not feel necessary to take their suggestions					
22.	I get careless and defensive with my colleagues					
23.	I worry over unnecessary things and feel anxious about everything					
24.	When I do not get what I want, I feel lonely and depressed					
25.	I feel that there is no one to support or love me					
26.	I do not make plans and have no goals as I am not sure if I will be able to achieve them					
27.	I follow orders without asking questions					
28.	I am afraid to say 'No' to people for fear of hurting them					
29.	I have the need to convince others for whatever I do					
30.	I feel guilty when I do not do what others ask					
31.	I have the habit of pacifying others by doing what others want, or buy them gifts and goodies					
32.	I maintain my relationship with others with caution for fear of getting hurt by others					
33.	I have trouble in managing or controlling my emotions					
34.	I have healthy interpersonal relationship with family, friends and colleagues					
35.	I prefer to be independent and make my own decisions					
36.	My friends and colleagues find me friendly, supportive and transparent					

37.	I am an empathetic person and a good listener					
38.	I have high self-confidence and thoroughly self-motivated					
39.	I enjoy solving problems and engage in critical thinking					
40.	I am outspoken and courageous					
41.	I believe in self-respect and self-worth					
42.	I am aware of my emotions with others and take care to manage and control my feelings, emotions and actions					
43.	I am focused, adaptable and balanced					
44.	I know that my behavior with others is mature and empathetic					
45.	People like me for my friendly nature, attitude and positive mindset					

Scoring	Strongly Agree 5	Agree 4	Neutral 3	Disagree 2	Strongly Disagree 1
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### Check your scores –

- Higher the score for statements 1 to 10 - You are *low* on both ‘knowledge of emotions’ and ‘respecting one’s emotions’
- Higher the score for statements 11 to 22 - You are *low* on ‘knowledge of emotions’, but *high* on ‘respecting one’s emotions’
- Higher the score for statements 23 to 33 – You are *high* on ‘knowledge of emotions’, but *low* on ‘respecting one’s emotions’
- Higher the score for statements 34 to 45 - You are *high* on ‘knowledge of emotions’ and ‘respecting one’s emotions’