

## Brief Emotional Intelligence Scale- 10 (BEIS-10)

1= Strongly Disagree to 5= Strongly Agree

<i>Appraisal of own emotions</i>	Score
1. I know why my emotions change	
2. I easily recognize my emotions as I experience them	
<i>Appraisal of others' emotions</i>	
3. I can tell how people are feeling by listening to the tone of their voice	
4. By looking at their facial expressions, I recognize the emotions people are experiencing	
<i>Regulation of own emotions</i>	
5. I seek out activities that make me happy	
6. I have control over my emotions	
<i>Regulation of others' emotions</i>	
7. I arrange events others enjoy	
8. I help other people feel better when they are down	
<i>Utilization of emotions</i>	
9. When I am in a positive mood, I am able to come up with new ideas	
10. I use good moods to help myself keep trying in the face of obstacles	
<b>Total BEIS Score out of 50</b>	