



Brief Emotional Intelligence Scale (BEIS-10)

Instructions:

Select the response that best matches each of the following statements.

		Strongly disagree	Disagree	Neither disagree nor agree	Agree	Strongly Agree
1	I know why my emotions change	1	2	3	4	5
2	I easily recognise my emotions as I experience them	1	2	3	4	5
3	I can tell how people are feeling by listening to the tone of their voice	1	2	3	4	5
4	By looking at their facial expressions, I recognise the emotions people are experiencing	1	2	3	4	5
5	I seek out activities that make me happy	1	2	3	4	5
6	I have control over my emotions	1	2	3	4	5
7	I arrange events others enjoy	1	2	3	4	5
8	I help other people feel better when they are down	1	2	3	4	5
9	When I am in a positive mood, I am able to come up with new ideas	1	2	3	4	5
10	I use good moods to help myself keep trying in the face of obstacles	1	2	3	4	5

Developer Reference:

Davies, K. A., Lane, A. M., Devonport, T. J., & Scott, J. A. (2010). Validity and reliability of a Brief Emotional Intelligence Scale (BEIS-10). *Journal of Individual Differences*, 31(4), 198–208.

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