

## ...when dealing with an "Inner Ear Disorder"

This assessment is designed to provide an insight into your level of *Emotional Intelligence (EI)* and the score of your *Emotional Quotient (EQ)*. It is based on your own analysis.

### *This assessment is broken out into two sections:*

Firstly, we will calculate the score of your *Highest* and *Lowest Drivers*. These *Drivers* help you determine your strength and Improvements with your *Self - Awareness, Self - Management, Social - Awareness* and *Relationship - Management* which will help move you towards *Recovery* with more *Awareness and Optimism*.

Second, as a fun and interesting way to view your level of "*CRAZY*", you will be matched with a corresponding *Animal* which provides character traits that could describe your strengths and improvements as a way to help you move towards *Recovery* with *Ease and Joy!*

### Follow these steps to calculate your totals and use them for the Drivers and your Matching Animal:

1. Please answer each question and score them accordingly using the rating table below.
2. Complete each section with a total.
3. Once you completed all the sections, adding up the total from each section will provide you with your EI/EQ score.
4. The scores within each section gives you a glimpse into each Driver providing your Strength and suggested Improvements within that driver.
5. The more honest you are with yourself the more you will get out of this assessment.

1- Rarely | 2- Sometimes | 3- Most Of The Time | 4- Always

#### • **Self - Awareness** *when dealing with an inner ear condition:*

I recognize my mood and behavior and its affect on others when I'm feeling "sick" \_\_\_\_\_

I know what triggers negative emotions in me when I'm feeling "sickly" \_\_\_\_\_

I know what motivates me to move forward towards recovery \_\_\_\_\_

Total = \_\_\_\_\_

#### • **Self - Management** *when dealing with an inner ear condition:*

I can keep myself from getting upset with others when I'm feeling "unwell" \_\_\_\_\_

I can maintain my composure when under stress when feeling "symptoms" \_\_\_\_\_

I am able to receive "feedback" and use it for "growth", so I can move towards recovery faster \_\_\_\_\_

Total = \_\_\_\_\_

#### • **Social - Awareness** *when dealing with an inner ear condition:*

I work towards creating positive outcomes with others even though I'm feeling "poorly" \_\_\_\_\_

I enjoy being of service to others even though I may be feeling "symptoms" \_\_\_\_\_

I realize that everyone is doing their best to support me when I'm feeling "ill" \_\_\_\_\_

Total = \_\_\_\_\_

#### • **Relationship - Management** *when dealing with an inner ear condition:*

I'm able to use humor as a way to connect with others even when I'm feeling "out of sorts" \_\_\_\_\_

I practice compassion and empathy even though I'm feeling "miserable" \_\_\_\_\_

I can admit when I'm wrong and made a mistake when I'm feeling "sick" \_\_\_\_\_

Total = \_\_\_\_\_



Assessment  
Total



Highest  
Driver



Lowest  
Driver

Corresponding Animal  
Circle Yours

44-48: Fox

36-43: Raccoon

26-35: Squirrel

12-25: Rabbit

# Use the following totals to get your corresponding Animal and get an insight into your strengths and improvements leading you towards *Recovery* and your *Desired Results*!

## Corresponding Animal Circle Yours

44-48: Fox

36-43: Raccoon

26-35: Squirrel

12-25: Rabbit

### **Fox** 44-48

Heightened sense of awareness, discerning demeanor, adaptability to any environment and agility in most situations. If your score has fallen into this category you have a heightened self-awareness and self-management on many levels. You connect well with others and create win - wins almost always. You are pretty balanced with a high emotional intelligence and high emotional quotient (EI/EQ), so keep it up! *If you are at this level, this typically means you are well adjusted and able to balance life demands while in the process of recovery from your inner ear condition.*

### **Raccoon** 36-43

A raccoon is shy, but courageous. They are not afraid to take risks. Yet, they tend to be a little mischievous in that they have to find the perfect time to come out and claim their prize aka, your lunch, dinner or trash from the meal before. If you have scored within this realm it means that you are on the right track in developing your EI/EQ skills. Keep working towards becoming more self-aware and self-managed. You may even want to spend more time in nature and meditation to help connect to a deeper part of yourself which will ultimately help you connect to others as a result of your increased EI/EQ. *In this level, this typically means you are determined and persistent with your recovery. You may at times feel disconnected and frustrated with your healing process. Stay committed and focused on your goal and trust you will succeed!*

### **Squirrel** 26-35

These furry little creatures remind you to have more fun. Sometimes in life we take ourselves too seriously. We may need to lighten up and learn to treat life a bit like an adventure and therefore, your relationships and results would be more pleasant and balanced on all levels. If you scored in this area, it's a gentle reminder to continue learning how to balance life & work, realizing that relationships with self and others are the key to a more sustainable life and success on all levels. The more you practice this balance the higher your EI/EQ. Humor and playfulness is a great way to open up the lines of communication with others, creating win-wins. *In this level, this typically means you may be struggling with your healing progress and/or frustrated with your symptoms and this condition. Its important to take time to reflect and practice gratitude for the lessons this condition could be revealing to you. You may be distracted with life demands but you wake up daily still trying to move forward. Continue to use playfulness and humor as tools to overcome obstacles in your recovery!*

### **Rabbit** 12-25

Love is in the air... Rabbit represents shyness, growth, harmony and awareness. It is a reminder that before we can have these attributes with another person, we must start with ourselves. If you have scored in this section, it's a reminder that you must continue to unravel and discover your hidden gifts and talents and open your heart so the rest of the world could fully experience all you have to offer. Participating in activities that bring you joy can help you open your heart and become more self-aware and self-managed, fostering more connection with self and others. By continuing to develop your EI/EQ skills you will open yourself up to new and extraordinary opportunity waiting to come your way! *In this level, this typically means you are having a hard time staying focused on the process of recovery. You may feel overwhelmed and hopeless by the work ahead. You may be easily distracted by life demands and avoid the work that you need to do to move forward. Open yourself up to the support and resources around you. Practice POP ( Persistence, Optimism, Patience). In other words, NEVER GIVE UP! Trust you'll get there!*