

Emosocio Inventory Items

Self - Awareness (6 items) (+) I am usually aware of the way that I'm feeling; I think about the causes of my emotions; I often stop to analyze how I'm feeling. (-) I rarely analyze my emotions; I rarely think about how I feel; I often ignore my feelings.

Empathy (7 items) (+) I take time out for others; I understand people who think differently; I anticipate the needs of others; I am good at sensing what others are feeling. (-) I find it hard to forgive others; I get annoyed with others' behaviors; I am quick to judge others.

Emotional Regulation (10 items) (+) I reflect on things before acting; I rarely feel depressed; I let others finish what they are saying; I remain calm under pressure; I don't let little things anger me. (-) I do things I later regret; I lose my temper frequently; I get upset by unpleasant thoughts that come into my mind; I change my mood a lot; I often worry about things that turn out to be unimportant.

Flexibility (6 items) (+) I adapt easily to new situations; I am good at taking advice. (-) I want to have the last word; I react strongly to criticism; I am annoyed by others' mistakes; I get upset if others change the way that I have arranged things.

Influence (7 items) (+) I persuade others to change their views; I am good at helping people work well together; I try to lead others. (-) I am afraid to draw attention to myself; I am not good at planning group activities; I find it difficult to approach others; I wait for others to lead the way.

Emotional Expression (7 items) (+) I express my affection physically; I express my happiness in a childlike manner; I am able to describe my feelings easily. (-) I am not good at describing the emotions I feel throughout the day; I reveal little about myself; I keep my feelings to myself, regardless of how unhappy I am; I have difficulty expressing my feelings.

Optimism (6 items) (+) I look at the bright side of life; I think about what is good in my life when I feel down; I can find the positive in what seems negative to others; I remain hopeful despite challenges. (-) I am often in a bad mood; I see difficulties everywhere.

Assertiveness (8 items) (+) I challenge others' points of view; I say what I think; I am not afraid of providing criticism. (-) I hate to seem pushy; I can't stand confrontations; I hold back my opinions; I feel guilty when I say NO; I let others make the decisions.

Self-motivation (7 items) (+) I plunge into tasks with all my heart; I accept challenging tasks; I turn plans into actions; I never give up. (-) I need a push to get started; I am easily discouraged; I put little time and effort into my work.

Relationships (10 items) (+) I trust others; I try to forgive and forget; I have the ability to make others feel interesting; I know that there are people in my life who care as much for me as for themselves; I get along well with people I have just met. (-) I reveal little about myself; I often feel uncomfortable around others; I have difficulty expressing my feelings; I keep others at a distance; I don't know how to handle myself in a new social situation.

Self - esteem (8 items) (+) I know my strengths; I know that my decisions are correct; I feel comfortable with myself am not embarrassed easily. (-) I am afraid to draw attention to myself; I worry about what people think of me; I often see other people as my competitors; I am less capable than most people; I have a low opinion of myself.

Teamwork (9 items) (+) I don't talk badly to outsiders about my own group; I feel I must respect the decisions made by my group; I enjoy being part of a group; I support my teammates or fellow group members; I don't miss group meetings or team practices. (-) I feel that people have a hard time understanding me; I work best when I am alone; I suspect hidden motives in others; I impose my will on others.

Group Emotional Awareness (4 items) (+) Team members always know others' emotions from their behaviour; We make an effort to understand each others perspectives; We provide constructive feedback to members whose behaviour is unacceptable; In this team we usually care about what our workmates are feeling.

Group Emotional regulation (10 items) (+) Team members are able to control their temper so that they can handle difficulties rationally; We take time to talk about frustrations and other feelings in the group; We use humor to help us ease tension in the group; We have developed methods to help us tackle emotionally charged issues; We make each other feel better when we are down. (-) Jealousy or rivalry are present among the members of our group; Personality conflicts are evident in our group; Criticism was sometimes thrown without consideration for people feelings; Often there is tension among the members of our group; It was difficult to calm down quickly when we got mad at each other.

Group Emotional Climate (15 items) (+) I have a strong sense of belonging to this group; The group members feel comfortable in expressing disagreements in the group; Group members are receptive to feedback and criticism; The group members feel comfortable in expressing disagreements in the group; We all take responsibility if one of our group results goes poorly; Most group members contribute to decision making in this group; Members of this team act in a way that show they care about each other; Despite group tensions, members tend to stick together; We let members know that we value their contributions. (-) I do not enjoy the social interaction occurring in this group; I am not going to miss the members of this group when the group activity ends; Some members are quiet, and minimal attempts are made to include them; I feel vulnerable in this group; It appears that the individual and group goals are inconsistent; Many members engage in "back-biting" in this group.

Sociometry (8 items) (+) Who would you like to socialize with in your spare time? Who do you think they would like to socialize with you in their spare time? Who would you like to cooperate with? Who do you think they would like to cooperate with you? (-) Who would you rather not socialize with in your spare time? Who do you think they would rather not socialize with you in their spare time? Who would you rather not cooperate with? Who do you think they would rather not like to cooperate with you?