Emotional Style Scoring based on ‘The Emotional Life of the Brain’

The Resilience Dimension
Give yourself one point for each TRUE answer to questions 1,3,5,6,8 and 10; give yourself zero points for each FALSE answer. Give yourself one point for each FALSE answer to questions 2, 4, 7 and 9; score zero points for each TRUE answer. Anything above 7 suggests you are Slow to recover. If you scored below 3 you are fast to recover, and quite resilient.

This part of the spectrum is marked by difficulty shaking off anger, sadness loss, hassle, setback or other upsetting events.

The Outlook Dimension
This measures not whether you can feel joy, but how well you can keep that feeling alive. Someone whose positive mood hangs around tends to be optimistic, while the opposite means joys are fleeting and you feel a bit pessimistic.

Give yourself one point for each TRUE answer to questions 1, 3, 6, 8 and 10; score zero for each FALSE answer. Give yourself one point for each FALSE answer to questions 2, 4, 5, 7 and 9; score zero for each TRUE answer. The higher your score, the closer you are to the Positive end of the Outlook Dimension, Above 7 is a Positive type, while a score below 3 is a negative type.

The Social Intuition Dimension
This measures how empathetic and compassionate you are. This is associated with the visual cortex and your ability to read facial expressions and pick up on body language.

Give yourself one point for each TRUE answer to questions 1, 2, 4, 7 and 8 and 10; score one point for each FALSE answer for questions 3, 5, 6 and 9. Score zero for each FALSE answer to 1, 2, 4, 7, 8 and 10, and for each TRUE answer to 3, 5, 6, and 9. The higher your score (8 or above) the more socially intuitive you are; a lower score (3 or below) means you are closer to Puzzled.

The Self Awareness Dimension
This measures how aware you are of your own internal bodily changes - raised heart rate, pulse, blood pressure. These are physiological and emotional cues.

Give yourself one point for each TRUE answer to questions 4, 5, 7, 8 and 10; score one point for each FALSE answer for questions 1, 2, 3, 6 and 9. Score zero for each FALSE answer to 4, 5, 7, 8 and 10, and for each TRUE answer to 1, 2, 3, 6, and 9. A score of 8 or above means you are self-aware; a lower score (3 or below) means you are self-opaque.
Sensitivity to Context Dimension
This measures how attuned you are to the social environment. Are you tuned out or tuned in?
Give yourself one point for each TRUE answer to questions 1, 5, 6, 8, 9 and 10; score one point for each FALSE answer for questions 2, 3, 4 and 7. Score zero for each FALSE answer to 1, 5, 6, 8 and 10, and for each TRUE answer to 2, 3, 4, and 7. If you scored below 3 you fall at the tuned-out end, while a score of 8 and above, means you are self-aware; a lower score (3 or below) indicates you are very tuned-in to context.

The Attention Dimension
This measures how well you can screen out emotional distractions and focus in an unflappable way on the task in hand. Are you focused or unfocused?

Give yourself one point for each TRUE answer to questions 1, 2, 3, 6, 7 and 10; score one point for each FALSE answer for questions 4, 5, 8 and 9. Score zero for each FALSE answer to 1, 2, 3, 6, 7 and 10, and for each TRUE answer to 4, 5, 8 and 9. A score of 8 or above means you fall at the focused end of the attention dimension while a score of 3 or below means you tend to be unfocused.

Fill in your profile:

Resilience
1 __________________________________________________________ 10
Fast to recover                      slow to recover

Outlook
1 ___________________________________________________________ 10
Negative                        Positive

Social Intuition
1 _____________________________________________________________ 10
Puzzled                         socially intuitive

Self Aware
1 _____________________________________________________________ 10
Self opaque                     self aware

Sensitive to Context
1 _____________________________________________________________ 10
Tuned out                       tuned in

Attention
1 _____________________________________________________________ 10
Unfocused                       focused

All six dimensions have a solid foundation in patterns of brain activity. Richard Davidson