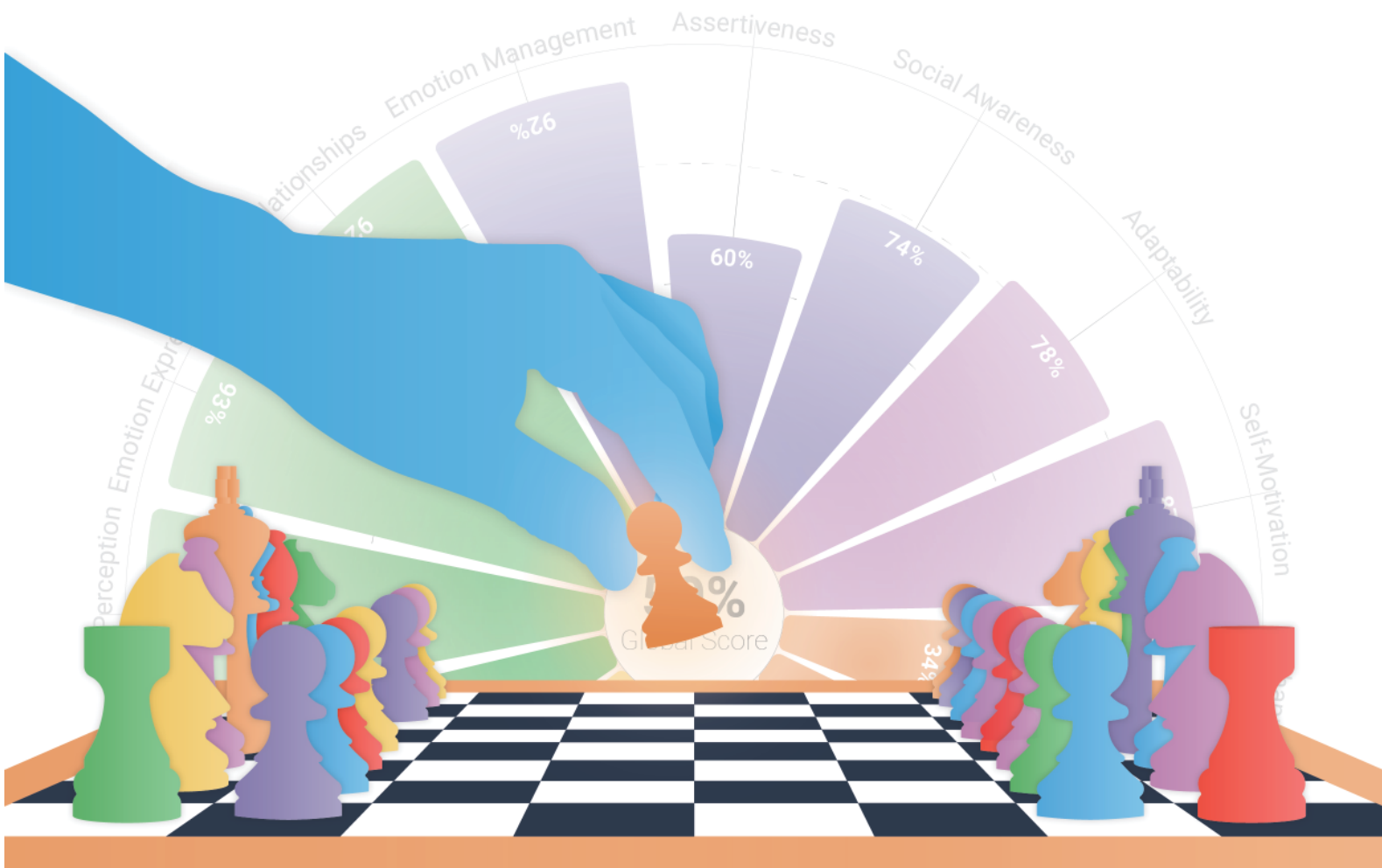




TEIQue

## Personal Report

John Smith





## Introduction to Your TEIQue Report

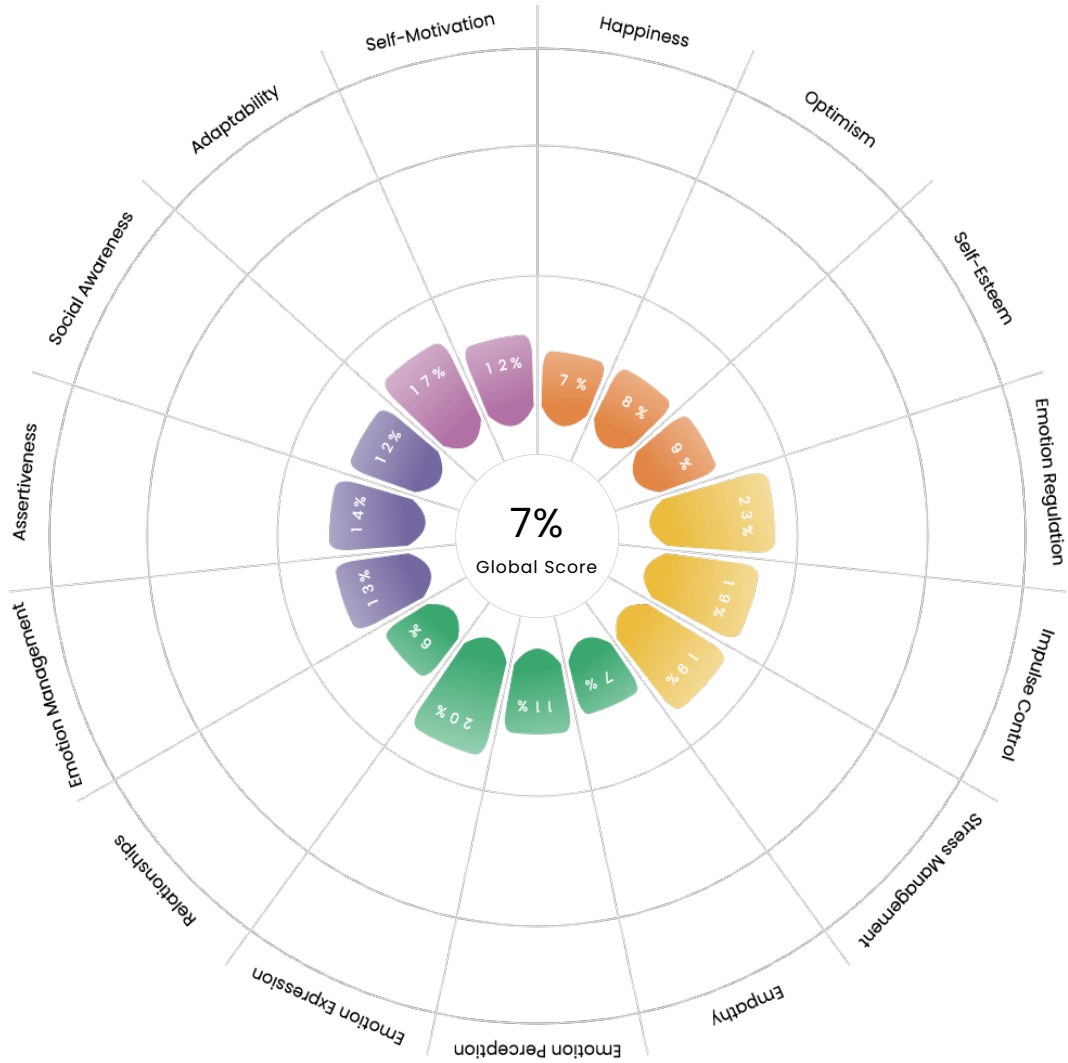
This is your Trait Emotional Intelligence Questionnaire (TEIQue – pronounced TQ) report. It is based on a new text that I have personally written and edited for the 20th anniversary of the trait emotional intelligence research program. The text reflects the culmination of 20 years of internationally leading psychological research. In this brief introduction, I cover some essential pointers concerning the interpretation of this report, but I would also like to refer you to the additional information and resources that you can find in our websites.

I have personally written these reports with the sole aim of helping you understand your personality – your strengths and weaknesses, opportunities and threats. If accepted in the right spirit and interpreted correctly (that is, in line with Trait Emotional Intelligence theory), this report will shed light on latent aspects of your personality and put you on track to overcome psychological blind spots that have been holding you back in ways of which you may not even be conscious.

Analysis and interpretation of this report, by an established practitioner with thorough understanding of Trait Emotional Intelligence theory and adequate internalization of its principles, will be invaluable for understanding its ramifications in their full depth and profundity. Attempting to understand, interpret and internalize this report on your own will almost certainly minimize its potential benefits. This is because it is not the purpose of these reports to feed back to you what you already presume to know about yourself.

For example, some information may not ring true to you or may seem irrelevant. That may appear to be obvious in some cases (e.g., if I am making a point about performance at work when you have retired). However, even these examples contain lessons for you because through the understanding of other people and their predicaments, you can learn much about your own self – and painlessly. Vicarious learning is one of the smartest and fastest ways to learn about life, although it does require a heightened level of psychological maturity to be effective.

At other times, the feedback may appear untrue to you because your conscious mind is simply unwilling to recognize facts that have been repressed or subconsciously held at bay through psychological defense mechanisms, such as denial. If such instances do occur, they will be few in number. However, the adverse reaction of the conscious mind might be so intense that it could lead you to set aside the entire report. Again, the availability of an experienced consultant, well versed in trait emotional intelligence theory, will be essential to surmount such obstacles and start reaping the rich rewards of a more profound understanding of yourself and your immense capabilities.



“Your perceptions create your reality and your self-perceptions create yourself.”

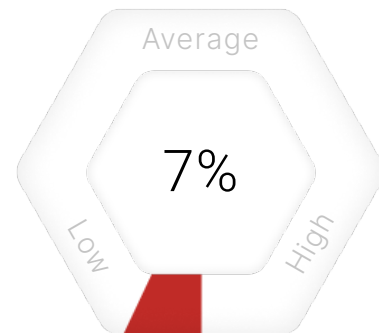
Konstantinos V. Petrides



## Global Score

The Global score gives you a snapshot of your general emotional functioning.

It is an index of your perceived ability to understand, process, and utilize emotion-related information in your everyday life. According to trait emotional intelligence theory, these perceptions are completely central and vital because they have a creative influence in your life, in the specific sense that they create the reality you are experiencing. Changing your perceptions directly contributes to changing your reality.



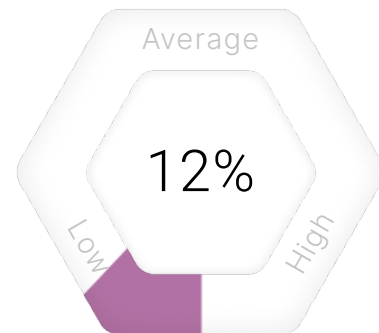
Overall, your TEIQue score indicates general dissatisfaction with your emotional functioning. You are more likely than most to experience difficulties in social contexts, to overreact in situations that you find unpleasant, and to undergo bouts of worry, gloom, and unease. The TEIQue report presents the detailed profile that yields this low global trait EI score, while the TEIQue Developmental Reports describe ways in which the profile may be managed or even permanently altered. It is important to remember that a low global trait EI score has its advantages (most importantly, modesty and unpretentiousness, but also less preoccupation with feelings, greater willingness to receive feedback and to seek help, etc).

The consequences of a low trait EI score can be managed, in the first instance, by addressing the specific pattern of facets and factors that give rise to it without embarking on a conscious effort to change your level on the trait itself, which is a more arduous process. Changes in the core of such a central, fundamental, and broad constellation of perceptions as those encompassed by trait EI, require equally broad methodologies, of which generalized mindfulness (unbiased awareness) is the most effective.

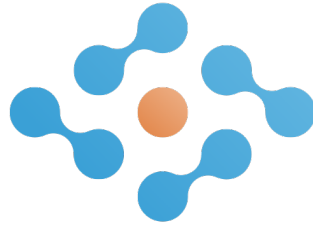


## Self-Motivation

Self-motivation is about inner drive – a hunger to achieve. Achievement is multifaceted and not necessarily externally-oriented, although most people practically (i.e., by means of their actions) define it as such. Even external success is multifaceted, since there are more than a few ways to be recognized by others as successful that may well vary according to gender, age, cultural norms, etc. Motivation stemming from performing an activity for its own sake is known as intrinsic motivation, whereas motivation stemming from performing an activity for external rewards (or for the avoidance of punishment) is known as extrinsic motivation. The former is based on deeply-rooted desires and is, therefore, generally more powerful than the latter, which can be useful for unpleasant tasks or for important tasks in which an individual is uninterested.



You seem to have a difficulty motivating and perhaps also disciplining yourself. Your impetus for exerting effort, in those cases where you do so, typically involves the prospect of obtaining an external reward or avoiding an external punishment. This means that you are unlikely to set ambitious goals for yourself or, if you have set such goals, that you are unlikely to be close to achieving them. If you are ready to reconcile with this state of affairs, you could be OK, otherwise you will need to work on boosting your self-discipline, persistence, and inner strength. Your score also suggests that you are unlikely to suffer from common weaknesses of highly self-motivated people, such as the need for control and disapproval, or even scorn, for those apparently less driven.



# Psychometric Laboratory

Reflection of your essence



Understand the  
fundamental forces  
guiding your  
decisions.



Contrast your  
present to your  
expectations.



Commit on a path  
through deliberate,  
mindful action.