

Figure 3.4: Assess Your Social Awareness of Emotions

For each one of the following markers for *being aware of others' emotions*, score yourself as (1) seldom, (2) sometimes, (3) often, or (4) frequently.

- _____ I can accurately assess the emotional state of others. I take time to do so.
- _____ I pick up on the undertones and emotions of groups, grasping others' levels of enthusiasm, trust, fear, stress, frustration, and so on.
- _____ I look for the underlying emotions that might make the difference between buy-in and resistance as I lead.

For each one of the following markers for *demonstrating empathy*, score yourself as (1) seldom, (2) sometimes, (3) often, or (4) frequently.

- _____ I understand the emotions others are experiencing and why they are experiencing them.
- _____ I understand how emotions are affecting others' moods, actions, and reactions.
- _____ I use empathy in healthy ways.