Total EQ-i

IntRApersonal EQ
(Assessment of inner self)
  - Self-Regard
  - Emotional Self-Awareness
  - Assertiveness
  - Independence
  - Self-Actualization

IntERpersonal EQ
(Assesses interpersonal capacity and functioning)
  - Empathy
  - Social Responsibility
  - Interpersonal Relationship

Stress Management EQ
(Assesses the ability to withstand stress)
  - Stress Tolerance
  - Impulse Control

Adaptability EQ
(Assesses the ability to cope with environmental demands)
  - Reality Testing
  - Flexibility
  - Problem Solving

General Mood EQ
(Assesses one's general feeling of contentment)
  - Optimism
  - Happiness