MSCEIT V2.0
TOTAL

Experiential

Perceiving Emotions
(Assesses the ability to correctly identify how people are feeling)

Using Emotions
(Assesses the ability to create emotions and to integrate your feelings into the way you think)

Strategic

Understanding Emotions
(Assesses the ability to understand the cause of emotions)

Managing Emotions
(Assesses the ability to create effective strategies that use emotions to achieve a goal)