

*Are you emotionally literate?*

- |     |                  |     |
|-----|------------------|-----|
| 1.  | a) 3, b) 2, c) 1 | ___ |
| 2.  | a) 3, b) 2, c) 1 | ___ |
| 3.  | a) 2, b) 1, c) 3 | ___ |
| 4.  | a) 1, b) 3, c) 2 | ___ |
| 5.  | a) 2, b) 1, c) 3 | ___ |
| 6.  | a) 3, b) 1, c) 2 | ___ |
| 7.  | a) 3, b) 1, c) 2 | ___ |
| 8.  | a) 2, b) 3, c) 1 | ___ |
| 9.  | a) 3, b) 2, c) 1 | ___ |
| 10. | a) 3, b) 1, c) 2 | ___ |
| 11. | a) 1, b) 3, c) 2 | ___ |
| 12. | a) 1, b) 2, c) 3 | ___ |

**TOTAL:**            \_\_\_

12–19: You are ill-at-ease with your emotions, and thus, for all your apparent good intentions, you take refuge in “appropriate” responses, often of bland submissiveness. If you cannot confront your emotions honestly, acknowledging that they are, however violent, valid, you can only repress them or simulate a proper response rather than turning them to constructive use. Remember that all emotions have been felt before and are, to a greater or lesser extent, common to all humans. Repressing them results in mental and physical illness, fiercely held convictions which are not emotionally true, and often moralistic dogmatism.

20–27: Your robust attempts to master your emotions are praiseworthy but frequently ill-judged and unsympathetic. You defend yourself from “unworthy” emotions by simulating appropriate responses, but you tend to give rent-free space in your head to people and things which were better considered, understood and consigned to the emotional data-bank for subsequent use. Try *allowing* emotions, even emotions which seem unworthy – anger, fear, frailty, depression, etc. – into harmless contexts such as when listening to music or watching films, explore them and acknowledge them. They are part of the armory of wisdom.

28–36: You have no problem in accepting and using your emotions when appropriate, while imposing restraint on destructive impulses. You are comfortable with your natural responses where they serve their turn and know how to channel their useful physiological consequences to best effect.