

Table 1.2.1. Cross-Reference Matrix

Workout	Page	EQ-i (Bar-On)		ECI 360 (Goleman, Boyatzis)		MSCEIT (Mayer, Salovey, Caruso)	EQ Map (Orioli, Cooper)	
		Composite	Factor	Domain	Competency	Branches	Scale	Dimension
1.1	119	Intrapersonal	Self-Regard	Self-Awareness	Self-Confidence	Understanding Emotions	Awareness	Emotional Self-Awareness
				Self-Awareness	Accurate Self-Assessment			
1.2	123	Intrapersonal	Self-Regard	Self-Awareness	Self-Confidence	Managing Emotions		
				Self-Awareness	Accurate Self-Assessment			
1.3	129	Intrapersonal	Self-Regard	Self-Awareness	Self-Confidence	Managing Emotions	Awareness	Emotional Self-Awareness
				Self-Awareness	Accurate Self-Assessment			
2.1	133	Intrapersonal	Emotional Self-Awareness	Self-Awareness	Emotional Self-Awareness	Perceiving Emotions	Awareness	Emotional Self-Awareness
						Managing Emotions		
2.2	139	Intrapersonal	Emotional Self-Awareness	Self-Awareness	Emotional Self-Awareness	Perceiving Emotions	Awareness	Emotional Self-Awareness
						Understanding Emotions		
2.3	145	Intrapersonal	Emotional Self-Awareness	Self-Awareness	Emotional Self-Awareness	Perceiving Emotions	Awareness	Emotional Self-Awareness
						Understanding Emotions		
2.4	153	Intrapersonal	Emotional Self-Awareness				Awareness	Emotional Expression

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3.1	157	Intrapersonal	Assertiveness	Relationship Management	Influence	Facilitating Thought	Awareness	Emotional Expression
				Self-Management	Initiative	Managing Emotions		
3.2	163	Intrapersonal	Assertiveness	Self-Management	Emotional Self-Awareness	Managing Emotions	Awareness	Emotional Expression
				Relationship Management	Influence			
				Relationship Management	Conflict Management			
3.3	167	Intrapersonal	Assertiveness	Relationship Management	Teamwork and Collaboration	Facilitating Thought	Awareness	Emotional Expression
				Relationship Management	Conflict Management	Understanding Emotions	Competencies	Constructive Discontent
				Relationship Management	Influence			
4.1	171	Intrapersonal	Independence	Self-Management	Initiative	Facilitating Thought		
				Relationship Management	Change Catalyst	Managing Emotions		
				Self-Management	Transparency			
4.2	175	Intrapersonal	Independence	Self-Awareness	Accurate Self-Assessment	Facilitating Thought	Values & Attitudes	Personal Power
				Self-Awareness	Self-Confidence	Managing Emotions		

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4.3	179	Intrapersonal	Independence	Relationship Management	Teamwork and Collaboration	Facilitating Thought	Competencies	Constructive Discontent
				Relationship Management	Inspirational Leadership	Understanding Emotions		
				Social Awareness	Organizational Awareness			
				Social Awareness	Service			
5.1	183	Intrapersonal	Self-Actualization	Relationship Management	Teamwork and Collaboration	Facilitating Thought	Values and Attitudes	Personal Power
				Self-Management	Achievement		Values and Attitudes	Integrated Self
5.2	193	Intrapersonal	Self-Actualization	Self-Management	Achievement	Understanding Emotions	Outcomes	Optimal Performance
				Self-Management	Transparency		Outcomes	Quality of Life
5.3	201	Intrapersonal	Self-Actualization	Relationship Management	Inspirational Leadership	Perceiving Emotions	Outcomes	Quality of Life
						Managing Emotions		
				Self-Management	Achievement	Understanding Emotions		
6.1	207	Interpersonal	Empathy	Social Awareness	Empathy	Facilitating Thought	Awareness	Emotional Awareness of Others
				Social Awareness	Service	Understanding Emotions	Values and Attitudes	Compassion

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6.2	211	Interpersonal	Empathy	Social Awareness	Empathy	Facilitating Thought	Awareness	Emotional Awareness of Others
						Perceiving Emotions		
						Understanding Emotions	Values and Attitudes	Compassion
6.3	219	Interpersonal	Empathy	Social Awareness	Empathy	Perceiving Emotions	Awareness	Emotional Awareness of Others
				Relationship Management	Teamwork and Collaboration	Understanding Emotions	Values and Attitudes	Compassion
				Relationship Management	Developing Others	Managing Emotions		
7.1	223	Interpersonal	Social Responsibility	Self-Management	Optimism	Facilitating Thought		
				Social Awareness	Organizational Awareness	Understanding Emotions		
				Social Awareness	Service	Managing Emotions		
7.2	229	Interpersonal	Social Responsibility	Self-Awareness	Emotional Self-Awareness	Facilitating Thought		
				Relationship Management	Developing Others	Understanding Emotions		
7.3	235	Interpersonal	Social Responsibility	Social Awareness	Service	Facilitating Thought		
						Understanding Emotions		
						Perceiving Emotions		
						Managing Emotions		

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8.1	239	Interpersonal	Interpersonal Relationships	Relationship Management	Developing Others	Facilitating Thought	Competencies	Interpersonal Connections
				Relationship Management	Teamwork and Collaboration	Perceiving Emotions	Outcomes	Relationship Quotient
8.2	245	Interpersonal	Interpersonal Relationships	Relationship Management	Inspirational Leadership	Managing Emotions	Competencies	Interpersonal Connections
						Perceiving Emotions	Awareness	Emotional Awareness of Others
							Values and Attitudes	Trust Radius
							Outcomes	Relationship Quotient
8.3	251	Interpersonal	Interpersonal Relationships	Relationship Management	Conflict Management	Facilitating Thought	Competencies	Interpersonal Connections
				Relationship Management	Teamwork and Collaboration	Understanding Emotions	Awareness	Emotional Awareness of Others
				Relationship Management	Influence		Values and Attitudes	Trust Radius
							Outcomes	Relationship Quotient
9.1	255	Stress Management	Stress Tolerance	Self-Management	Emotional Self-Control	Perceiving Emotions	Current Environment	Life Pressures
				Self-Management	Initiative	Managing Emotions		

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9.2	265	Stress Management	Stress Tolerance	Self-Management	Adaptability	Perceiving Emotions	Current Environment	Life Pressures
						Managing Emotions		
9.3	269	Stress Management	Stress Tolerance	Self-Awareness	Emotional Self-Awareness	Perceiving Emotions	Current Environment	Life Pressures
				Self-Management	Emotional Self-Control	Managing Emotions		
10.1	275	Stress Management	Impulse Control	Self-Management	Emotional Self-Control	Facilitating Thought	Competencies	Intentionality
						Understanding Emotions	Competencies	Constructive Discontent
10.2	287	Stress Management	Impulse Control	Self-Awareness	Emotional Self-Awareness	Perceiving Emotions	Competencies	Intentionality
				Self-Management	Emotional Self-Control	Managing Emotions	Competencies	Constructive Discontent
				Self-Awareness	Accurate Self-Assessment	Understanding Emotions		
10.3	293	Stress Management	Impulse Control	Self-Awareness	Emotional Self-Awareness	Managing Emotions	Competencies	Intentionality
				Self-Management	Emotional Self-Control	Perceiving Emotions	Competencies	Constructive Discontent
11.1	297	Adaptability	Reality Testing	Relationship Management	Teamwork and Collaboration	Facilitating Thought		
				Relationship Management	Conflict Management	Perceiving Emotions		
				Relationship Management	Developing Others			

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11.2	301	Adaptability	Reality Testing	Relationship Management	Conflict Management	Understanding Emotions		
				Relationship Management	Teamwork and Collaboration			
				Relationship Management	Developing Others			
11.3	305	Adaptability	Reality Testing	Self-Awareness	Emotional Self-Awareness	Facilitating Thought	EQ Values and Attitudes	Intuition
				Self-Management	Transparency	Perceiving Emotions		
12.1	311	Adaptability	Flexibility	Self-Management	Adaptability	Facilitating Thought	Competencies	Resilience
				Self-Management	Optimism	Managing Emotions		
				Social Awareness	Service			
12.2	317	Adaptability	Flexibility	Self-Management	Adaptability	Facilitating Thought	Competencies	Resilience
				Social Awareness	Empathy	Managing Emotions		
						Understanding Emotions		
12.3	321	Adaptability	Flexibility	Self-Management	Adaptability	Managing Emotions	Competencies	Resilience
				Self-Management	Emotional Self-Control	Understanding Emotions		

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13.1	325	Adaptability	Problem Solving	Self-Management	Adaptability	Facilitating Thought	Competencies	Constructive Discontent
				Self-Management	Achievement	Managing Emotions		
				Relationship Management	Inspirational Leadership			
				Relationship Management	Change Catalyst			
13.2	333	Adaptability	Problem Solving	Relationship Management	Conflict Management	Understanding Emotions	Competencies	Constructive Discontent
				Relationship Management	Influence	Managing Emotions		
13.3	337	Adaptability	Problem Solving	Self-Management	Adaptability	Managing Emotions	Competencies	Constructive Discontent
				Self-Management	Achievement	Facilitating Thought		
				Relationship Management	Change Catalyst			
14.1	343	General Mood	Optimism	Self-Management	Optimism	Facilitating Thought	Competencies	Resilience
				Relationship Management	Conflict Management	Understanding Emotions	Competencies	Constructive Discontent
							Values and Attitudes	Outlook
14.2	347	General Mood	Optimism	Self-Management	Optimism	Facilitating Thought	Competencies	Resilience
						Managing Emotions	Values and Attitudes	Outlook

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14.3	351	General Mood	Optimism	Self- Management	Optimism	Facilitating Thought	Competencies	Resilience
				Self- Management	Achievement	Understanding Emotions	Values and Attitudes	Outlook
15.1	359	General Mood	Happiness	Self- Management	Optimism	Perceiving Emotions	Outcomes	Quality of Life
				Self- Management	Emotional Self-Control	Managing Emotions	Outcomes	Optimal Performance
15.2	363	General Mood	Happiness	Relationship Management	Teamwork and Collaboration	Facilitating Thought	Outcomes	Quality of Life
				Self- Management	Optimism	Understanding Emotions	Outcomes	Optimal Performance
15.3	367	General Mood	Happiness	Relationship Management	Inspirational Leadership	Facilitating Thought	Outcomes	Quality of Life
				Self- Management	Optimism	Understanding Emotions	Outcomes	Optimal Performance
				Social Awareness	Organizational Awareness			