

How's Your "Get Along" IQ?

Rate yourself on a scale of 1 to 5 on the statements below:

- 1-Never
- 2-Almost never
- 3-Sometimes
- 4-Almost always
- 5-Always

How often do you ...

- Listen to others attentively, even when you disagree?
- Boost good feelings in others?
- Project a positive presence?
- Express a positive attitude even when it's difficult?
- Give people credit for their ideas?
- Resolve conflicts with diplomacy?
- Treat others with respect even when you find it challenging to do so?
- Honor differences of opinion and keep an open mind?
- Act as a catalyst to help others get what they want?
- Accept responsibility for a mistake you've contributed to or caused?
- Adapt how you communicate in order to be most effective in relating to the needs of others?
- Seek to understand how others see a situation?
- Provide ample opportunity for people to air their grievances or concerns?
- Give feedback tactfully and receive it willingly?
- Work to find the best possible solutions for all parties involved when disputes arise?
- Model the same behaviors you want others to express?
- Seek to respond to what others want or need?
- Master your emotions when angry or frustrated?
- Create a sense of safety and openness?
- Keep current as to what's important and valued by others in every arena of your life?
- Act in ways that make people feel valued?
- Drop any need to be right?
- Let go of grudges?
- Keep your commitments or promises?
- Communicate respect in everything you say and do?

Scores:

115-125: You're a Get Along guru!

105-114: You're using some excellent connection strategies, but you're missing some important connecting cues.

95-104:: Being responsive to others is music to their ears! Explore more ways to connect to what others want, need or value.

94 and under: Pump up your Get Along Power! You may find yourself often frustrated from misunderstandings, disappointments and missed connection opportunities.

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