APPENDIX G

SOCIAL SKILLS PROBLEM CHECKLIST

Given below are some social skills problems. Read carefully and put a ✓ mark against the one which you feel that is present in your child.

1. dirty, odorous
2. odd body movement/posture
3. odd facial features
4. odd speech rate/volume
5. poor eating habits
6. odd visual contact
7. misuse of facial expression
8. inappropriate use of gesture
9. stands too close/too far
10. touches people inappropriately
11. makes noises while others speak
12. interrupts
13. persistent, inane questioning
14. lies
15. constantly complains
16. shy and uneasy
17. easily embarrassed
18. avoids social contact
19. shows anxiety in interaction
20. inept attempts to make friends
21. ignored and disliked by others
22. bullied by others
23. taunted by others
24. has no friends
25. friendship short lived
APPENDIX H

EMOTIONAL INTELLIGENCE

This is a self administered test designed to assess emotional intelligence. Twenty (20) statements are given, each followed by five (5) possible responses (Always, Usually, Sometimes, Rarely, Never). Read each statement carefully and out of the five possible responses, choose the one which seems to you to be the most appropriate response for a particular situation.

1. I extend help to anyone who is in need without expecting any return.

2. I am very sensitive and responsive to the feelings of others.

3. I do not allow my emotions to spoil my relations with others. I am always in control of my emotions.

4. If someone harms me in any way, I do not forget it easily, I am on a look out to retaliate in the same coin.

5. I never have problem adjusting with any kind of person.

6. I feel guilty for any wrong that I may have done in the past.

7. I try to share others grief or turmoil, I am sympathetic and caring when someone is in trouble.

8. Between the two, I get more happiness and peace of mind in giving rather than taking.

9. I solve a problem as soon as I confront it, and it keeps me free from worries.

10. I look at my problem with an open mind. I never allow my feelings and emotions to hijack my decisions and actions.

11. My feelings are one with a suffering person. I try to spend time with that person and share his grief and sorrow.

12. Certain situations and some people evoke revulsion in me.

13. I get hurt very easily. On such occasions I feel humiliated and degraded.

14. I cannot express myself fully before others. I am generally inhibited in my behaviour.
15. Emotionally I am blind. I do not get disturbed even at the suffering of my near and dear ones.

16. I set realistic goals and pursue them with tenacity.

17. I have good insight into my thinking and actions and I am in complete control of my behaviour.

18. I never react when I am angry. I analyse each situation thoroughly when I am cool and then react.

19. For me two plus two is always five. I remain optimistic even in the face of repeated failure.

20. I have a positive attitude in life. I always help people whenever I can. I do not work against the interest of any one.