

EMOTIONAL REGULATION DASHBOARD ASSESSMENT REPORT

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EMOTIONAL REGULATION DASHBOARD ASSESSMENT

As you review your assessment results, we encourage you to view them through the lens of development. This assessment measures your preferences and what you do naturally. This data is neutral; not positive or negative, right or wrong, good or bad. It is designed to help you see the science behind your personality, emotions, and actions. Its purpose is to better enable you to enhance your life, family, and career, in ways only you can.

This report provides an in-depth analysis of your emotional regulation across four key emotional areas: **Intelligence, Literacy, Resilience, and Agility**. These competencies are essential for effectively managing emotions, adapting to challenges, and fostering positive relationships in various settings. This assessment also evaluates your personality traits based on the **Big 5 Personality Model**, which includes **Openness, Conscientiousness, Extraversion, Agreeableness, and Neuroticism**. These traits play a significant role in shaping your emotional responses and regulatory strategies.

The assessment you completed has undergone multiple iterations and refinements to ensure accuracy and reliability. It has been validated against established emotional regulation frameworks in psychological research, making it a powerful tool for understanding and improving emotional competencies and personality insights. By analyzing your results, this report will provide personalized insights, targeted recommendations, and actionable goals to help you develop key emotional regulation skills and better understand how your personality influences emotional responses. Whether you are looking to enhance personal resilience, improve communication, or strengthen adaptability, this report offers a structured roadmap for growth.

WHAT WE ARE MEASURING

Emotional Competency Definitions

- **Regulation:** The ability to choose the emotion and intensity of that emotion that best serves the situation.
- **Intelligence:** The awareness and understanding of your own and others' emotions.
- **Literacy:** The ability to express and communicate emotions effectively.
- **Resilience:** The capacity to recover from emotional stress and maintain balance.
- **Agility:** The ability to quickly adapt emotionally to changing situations.

Big 5 Personality Traits

- **Openness:** A tendency toward creativity, curiosity, and openness to new experiences.
- **Conscientiousness:** Being organized, reliable, and goal-oriented.
- **Extraversion:** A preference for social interaction, energy, and assertiveness.
- **Agreeableness:** A tendency to be compassionate, cooperative, and trusting.
- **Neuroticism:** The degree of emotional sensitivity and tendency to experience stress.

Overall Emotional Regulation Score

ER Score **122 / 200**

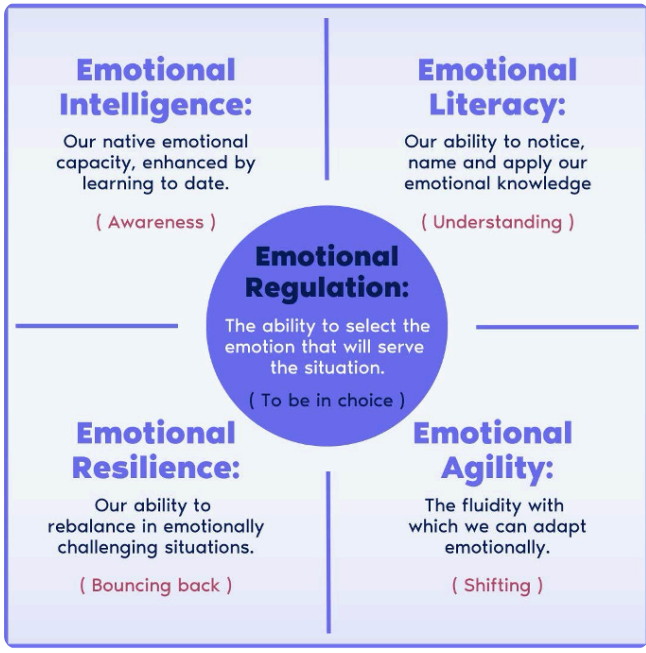
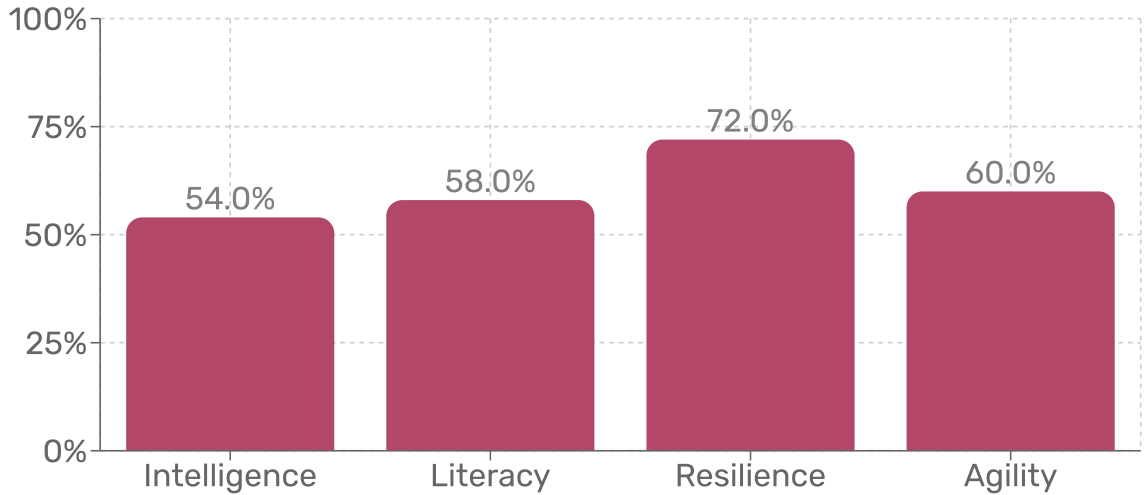
The overall score provides a snapshot of your current capacity for **Emotional Regulation**, based on your scores in **Intelligence, Literacy, Resilience, and Agility**. This composite score reflects your current strengths and areas for growth across these core competencies. Below are your results and suggestions for further development in each area.

Emotional Factors Breakdown

This page and the next display two ways of viewing the same data. The table gives numeric and text explanations (left brain) while the graph gives a visual summary (right brain).

Competency	Where you stand today		Suggestions
Intelligence	27/50	Developing Strengths	Practice empathic listening and consider emotional cues in conversations to enhance your emotional insight.
Literacy	29/50	Developing Strengths	Engage in reflective conversations about emotions with trusted individuals to enhance your ability to articulate and differentiate emotions.
Resilience	36/50	Developing Strengths	Continue to evaluate what enables you to bounce back easily and what types of emotional challenges are greatest for you.
Agility	30/50	Developing Strengths	Strengthen adaptability by seeking feedback on your reactions and designing your emotional responses to better match the situation.

Bar Chart Visualization of Your Emotional Factor Scores



Emotional Intelligence gives us awareness of our emotions, the emotions of others, and helps keep us in synch with what is happening around us emotionally.

Emotional Literacy gives us the language to describe and differentiate emotional experiences. It helps communicate our experiences to others and gives us an emotional basis to understand theirs.

Emotional Resilience helps us to regain footing after setbacks, rebalance more quickly after disappointments, see challenges as learning opportunities, and maintain optimism even during challenging periods.

Emotional Agility helps us shift emotions to better match the situation, remain calm under pressure, and flow with life's ups and downs rather than getting stuck.

Personalized Areas to Focus On

Based on your results, here are tailored short-term and long-term practices to help expand your emotional competencies. These suggestions offer approaches for both immediate and long-term emotional growth.

Competency	Short-Term	Long-Term	Explanation
Intelligence	Practice listening for emotions in conversation with others.	Continue your emotional learning by searching for gaps in your emotional awareness and understanding.	Tracking emotions daily increases self-awareness, and applying emotional intelligence strategies in real-world situations deepens understanding.
Literacy	Begin to identify and differentiate emotions that show up as a cluster like fear, anxiety, and doubt.	Develop a habit of expressing emotions more precisely in professional settings.	Expanding emotional vocabulary helps in everyday communication, while refining expression in professional settings boosts overall emotional clarity.
Resilience	Focus on the correlation between your emotional knowledge and your ability to bounce back with ease.	Support and encourage others to make connections between their emotional knowledge and ability to bounce back with less effort.	Daily coping strategies help build stress tolerance, while structured resilience training ensures long-term emotional stability.
Agility	Observe the ease or difficulty of being intentional in your emotional response.	Try new experiences outside your natural preferences (e.g., learn a new skill, teach something you love, volunteer to do something you've never done before, etc.).	Practicing small emotional shifts helps build adaptability, while long-term exposure to new experiences strengthens emotional flexibility and confidence.

Big 5 Personality Traits

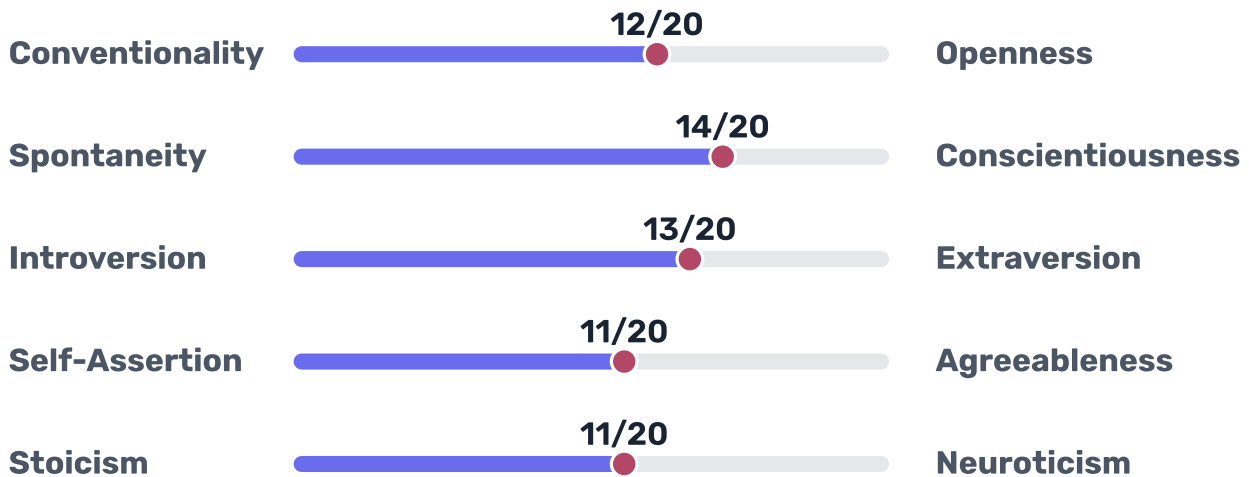
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The following table provides an analysis of your Big 5 personality traits, with interpretations and insights into how they may influence your emotional regulation.

Personality Trait	Where You Stand		Insight
Openness	12/20	Moderate	You balance tradition and curiosity well.
Conscientiousness	14/20	Moderate	You have a structured approach to challenges but allow for flexibility.
Extraversion	13/20	Moderate	You balance social engagement with introspection.
Agreeableness	11/20	Moderate	You navigate social situations with a mix of cooperation and assertiveness.
Neuroticism	11/20	Moderate	Your natural preference is to experience the full spectrum of emotions.

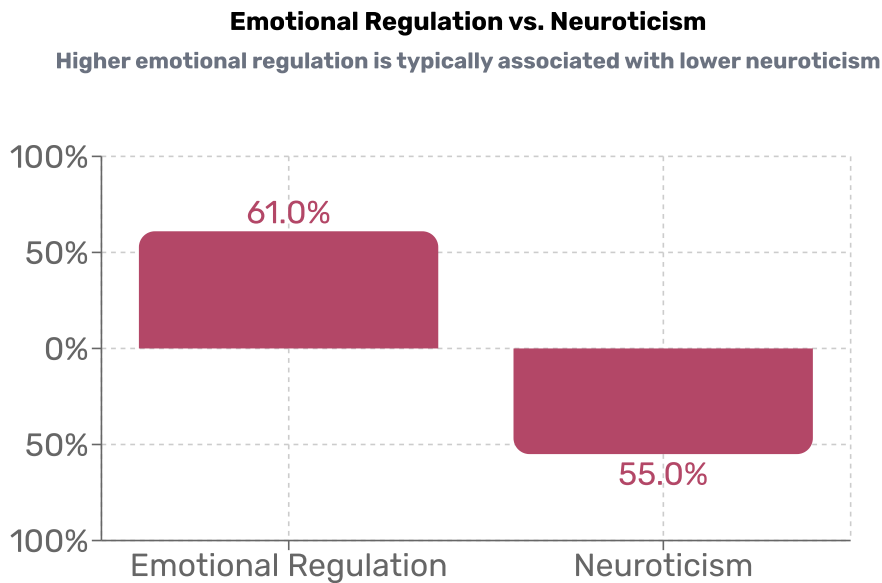
Big 5 Personality Traits

The chart below shows your score for each of the Big 5 personality dimensions. Each marker represents your natural preference in regard to that specific character trait.



Emotional Regulation vs. Neuroticism

Neuroticism is often considered to be negative. However, it serves an important role in keeping us vigilant and aware. This chart focuses on neuroticism because it is the only personality trait of the Big 5 that has an inverse relationship to Emotional Regulation. When you are high in neuroticism, your ability to regulate emotionally is lower. The Emotional Regulation (ER) score derives from your overall ER score shown within the Emotional Factors Breakdown. The Neuroticism score is derived by dividing your responses by 20. This data point can be found in the Big 5 Personality Traits chart. This chart shows the inverse relationship between your emotional regulation competencies and neuroticism scores.



How Personality Influences Your Capacity for Emotional Regulation

Your personality traits shape how you regulate emotions. Below, we explain how each trait affects your emotional regulation tendencies.

Personality Trait	Influence on Emotional Regulation
Openness	Because you balance routine with curiosity, you are more naturally able to adapt to evolving situations.
Conscientiousness	Your structured yet flexible approach allows you to adjust the mix between getting things done and being spontaneous.
Extraversion	You balance introspection with social interaction, which allows you to manage your energy effectively.
Agreeableness	Allows you to balance self-care with your care for others.
Neuroticism	You are able to navigate life by effectively regulating emotional responses, even in the face of stress and uncertainty.

Distress and Well-being Correlation

Distress Level

Your score: 13/24 (Very High Distress)

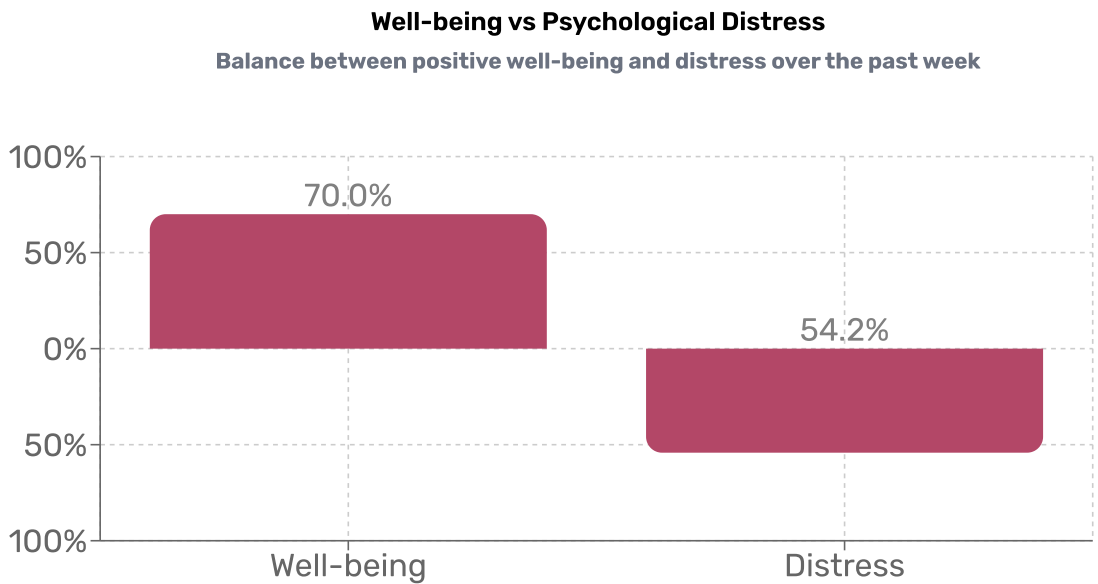
This score reflects your level of psychological distress over the past week based on your responses to questions about feeling nervous, hopeless, restless, depressed, effortful, and worthless.

Well-being Level

Your score: 21/30 (Moderate Well-being)

This score reflects your overall sense of well-being, including feelings of optimism, usefulness, problem-solving ability, mental clarity, social connection, and feeling loved.

This chart shows that there is an inverse correlation between Distress and Well-being. That means that Well-being decreases when Distress is high and improves when Distress is low. This correlation is key to understanding how consistently high levels of distress can diminish our health, negatively impact our relationships, and reduce the quality of our lives.



Practical Applications for Emotional Growth

To build on your strengths and address areas for improvement, try these practical exercises tailored to your scores. Unlike recommendations, these are **specific techniques** designed for hands-on practice.

"Nothing is fully learned until it is fully applied."

Intelligence:

Use the "Three Why's" method: When feeling an emotion, ask yourself **"Why?" three times** to explore its deeper cause. This enhances emotional self-awareness and improves emotional regulation.

Literacy:

Try Emotional Labeling: Throughout the day, practice **naming your emotions as precisely as possible** rather than using broad terms (e.g., instead of "stressed," try "urgency"). This improves emotional articulation and self-awareness.

Resilience:

Use the "Reframe & Adapt" method: Write down a recent challenge or setback. Then, list **three different ways** you could **reinterpret the situation** positively (e.g., "This was an opportunity to learn"). This builds resilience by strengthening cognitive flexibility.

Agility:

Try role-switching: When you experience an emotional reaction, pause and **mentally swap perspectives** with another person involved. Ask yourself, "How would they describe this situation?" This strengthens emotional flexibility.

Guiding Principles for Emotional Development

Take a moment to reflect on your results. Do these scores align with your self-perception? Which areas resonate most with your experiences? Consider setting a personal goal based on these insights.

- **Nothing is fully learned until it is fully applied.**
- **There is an ironclad connection between your emotions and the way you show up for yourself and others.**
- **Sometimes we are blind not because we aren't looking, but because no one has helped us understand what we are seeing.**
- **Emotional regulation is available if you are willing to do the work.**
- **How long will it take for you to become proficient at emotional regulation? It takes what it takes.**

Reflective Questions

- **What's coming up for you after seeing your results?**
- **What do you think it might mean?**
- **How does your report align with the way you see yourself?**
- **Where doesn't it seem accurate?**
- **Is there anything in the report you have difficulty accepting?**
- **Where do you see a place to start?**

If you would like to debrief your assessment results with a Dignity Inc Practitioner, please inquire at support@dignity-inc.com. For more information about emotional regulation and learning opportunities visit us at www.dignity-inc.com.