PEC

Profile of Emotional Competence (PEC)

The PEC assesses both intrapersonal and interpersonal emotional competencies. It helps understand and analyze how a person perceives, uses, understands, and manages their own emotions and those of others.

Number of questions	50 questions
Estimated duration	30 minutes
Language	English
Original name	Profile of Emotional Competence
Target audience	Adults
Authors	Sophie Brasseur, Moïra Mikolajczak (2013)
Category	General

Preview of the 50 questions

As my emotions arise I don't understand where they come from.

1 - Does not describe me at all / I never respond like this | 2 | 3 | 4

5 - Describes me very well / I experience this response very often

I don't always understand why I respond in the way I do.

1 - Does not describe me at all / I never respond like this | 2 | 3 | 4

5 - Describes me very well / I experience this response very often

If I wanted, I could easily influence other people's emotions to achieve what I want.

1 - Does not describe me at all / I never respond like this | 2 | 3 | 4

5 - Describes me very well / I experience this response very often

I know what to do to win people over to my cause.

1 - Does not describe me at all / I never respond like this | 2 | 3 | 4

5 - Describes me very well / I experience this response very often

I am often a loss to understand other people's emotional responses.

1 - Does not describe me at all / I never respond like this | 2 | 3 | 4

5 - Describes me very well / I experience this response very often

Scoring & interpretation

Responses are rated on a scale and provide a profile of emotional competencies across different areas, such as perception of one's own emotions, perception of others' emotions, emotional expression, emotion regulation, and control of others' emotions.