

EMOTIONAL STABILITY

There frequently are times when we all are placed under extreme pressure on the job. Would you tell me about such a time when you were under such pressure and how you handled it? (Calm)

There's an expression, "There's more than one way to skin a cat." Can you give me an example from your work experience that would illustrate that saying? (Well-adjusted)

We sometimes find ourselves working in difficult circumstances. When have you found yourself in this situation? How did you handle yourself in this case? (Secure)

There probably isn't a living person whose patience hasn't been taxed to the breaking point by a difficult coworker or customer. Would you give me an example of when your patience has been really taxed at work and how you handled that situation? (Even-tempered)

All of us find ourselves in high-pressure or high-stress work situations when it is important to maintain an optimistic or positive outlook. Please tell me about such a situation in your work life. (Self-assured)

Give me an example of a situation where there were time requirements or deadlines and other people were getting quite upset. How did you handle it? (Unflappable)

Would you tell me about when you've had to handle high stress on a recent job? Tell me about the situation, the other people involved, what happened, and what you did to help handle the situation. (Resilient)

Problems occur in all work relationships. Would you describe a time when you had to cope with the resentment, anger or hostility of a subordinate or coworker? (Poised)

We've all had work situations where a fellow employee broke down because of some problem. Can you give me an example of when you experienced such a problem and how you handled it? (Composed)

All of us have been in work situations where we were unsure of how things would work out. Please give me a specific example of when you found yourself in such a situation and how you reacted. (Self-confident)

In these days of downsizing and other organizational changes, it's easy to begin to worry about the future. Can you tell me about a time when there was quite a bit of such concern at your job and how you felt about it? (Optimistic)

Tell me about a time when things were happening fast and furiously and you were able to keep your composure. (Calm)

Tell me about a time when there was a great deal of pressure to get a job done and how you handled it. (Well-adjusted)

Almost everybody has been unfairly criticized on the job, either by a boss, a co-worker, or a subordinate. Please describe for me when you were in such a situation and how you handled it. (Secure)

We've all been in situations where people are having fun at work and there even may be some horseplay involved. Give me an example of such a situation from your own experience and tell me how you managed it (Even-tempered)

There are situations when it takes a "leap of faith" to trust another person. Give me an example of when you had to take such a "leap". What was the situation and how did it turn out? (Self-assured)

Sometimes we need to remain calm on the outside, even when we are really upset on the inside. Give me an example of a time when this happened to you. (Unflappable)

In working with people, we find that what works with one person does not work with another. Therefore, we have to be flexible in our style of relating to others. Can you give me a specific example of when you had to vary your style with a particular individual? How did it work out? (Resilient)

Sometimes we find ourselves having to live with an unresolved situation on the job. Tell me about a time when this happened to you and how you managed it. (Poised)

There are times when just about everybody on the job becomes Aup tight@ because of the pressure. Can you tell me about such a situation and how you reacted? (Composed)

There are times when a person has to Akeep his tongue@ in dealing with an irate boss, coworker, or customer. Please tell me about a time when you were in such a situation and how you handled it. (Self-confident)

Tell me about a time when there was real danger involved, either to yourself or others. What was the situation and how did you handle both yourself and the others? (Optimistic)