Handout: Self-assessment scale

Exercise Code: SLINTEGRA038

Rate yourself from 1 to 5 on each of the following self-descriptions, using these extremes:

* 1. This is almost always true of me.
	2. This is frequently true of me.
	3. This is sometimes true of me.
	4. This is rarely true of me.
	5. This is never true of me.

\_\_\_\_ 1. I am able to trust others in the group.

\_\_\_\_ 2. Others tend to trust me in a group situations.

\_\_\_\_ 3. I am willing to openly express my feeling about and reactions to what is occurring within a group.

\_\_\_\_ 4. I am able to give direct and honest feedback to others

\_\_\_\_ 5. I am open to accept feedback about my behavior from others.

\_\_\_\_ 6. I avoid questioning others, instead I make direct statements to them.

\_\_\_\_ 7. I listen attentively to what others are saying.

\_\_\_\_ 8. I am generally an active participant as opposed to an observer.