

SELF-EVALUATION

SECTION 1

Directions:

Using the scale, please evaluate how often you say each question/statement. Evaluate the **meaning** rather than the exact words in each.

	Always	5
	Frequently	4
	Occasionally	3
	Seldom	2
	Rarely/Never	1
It is important that you answer all questions honestly.		
All information is confidential and will be used for training purposes only.		

- | | | | |
|----|---|---|-----------------------|
| 1 | I understand your point of view. | C | <input type="radio"/> |
| 2 | Everything will be all right. | B | <input type="radio"/> |
| 3 | WOW! That's great! | D | <input type="radio"/> |
| 4 | Oh, why bother? | E | <input type="radio"/> |
| 5 | I don't care. | F | <input type="radio"/> |
| 6 | How do you feel about this issue? | C | <input type="radio"/> |
| 7 | Mind your own business! | F | <input type="radio"/> |
| 8 | Let me help you with that. | B | <input type="radio"/> |
| 9 | If you can't do it right, don't do it at all. | A | <input type="radio"/> |
| 10 | Good for you! | D | <input type="radio"/> |
| 11 | How can we resolve this problem? | C | <input type="radio"/> |
| 12 | I can't handle this anymore. | E | <input type="radio"/> |
| 13 | Don't do that. | A | <input type="radio"/> |
| 14 | Don't worry. | B | <input type="radio"/> |
| 15 | We sure make a great team! | D | <input type="radio"/> |
| 16 | Who the hell do you think you are? | F | <input type="radio"/> |
| 17 | Sorry, I couldn't help it. | E | <input type="radio"/> |
| 18 | How many times do I have to tell you? | A | <input type="radio"/> |

19	I'd love to.	D	<input type="radio"/>
20	This is how I feel.	C	<input type="radio"/>
21	Leave me alone.	E	<input type="radio"/>
22	Please be careful.	B	<input type="radio"/>
23	I said no, and that's all there is to it.	A	<input type="radio"/>
24	F#\$@k YOU!	F	<input type="radio"/>
25	I don't want to talk about it.	E	<input type="radio"/>
26	Great idea!	D	<input type="radio"/>
27	What do you think caused this situation?	C	<input type="radio"/>
28	I'm going to put a stop to this once and for all.	A	<input type="radio"/>
29	I'm concerned about you.	B	<input type="radio"/>
30	You have a big mouth!	F	<input type="radio"/>
31	I get blamed for everything.	E	<input type="radio"/>
32	Who is responsible for this?	C	<input type="radio"/>
33	You can't do this.	A	<input type="radio"/>
34	I'm proud of you.	B	<input type="radio"/>
35	Over my dead body!	F	<input type="radio"/>
36	Let's do this again!	D	<input type="radio"/>
37	Where do we go from here?	C	<input type="radio"/>
38	Don't be stupid!	A	<input type="radio"/>
39	Let me do that for you.	B	<input type="radio"/>
40	That was a lot of fun!	D	<input type="radio"/>
41	It's not my fault.	E	<input type="radio"/>
42	I've had it!	F	<input type="radio"/>
43	What is your opinion on this matter?	C	<input type="radio"/>
44	It couldn't have happened to a nicer person.	B	<input type="radio"/>
45	You know what your problem is...?	A	<input type="radio"/>
46	That's what you think!	F	<input type="radio"/>
47	FABULOUS! GREAT!	D	<input type="radio"/>
48	Nobody cares.	E	<input type="radio"/>

SECTION 2

Directions:

Using the scale, please evaluate each statement.

Always	5
Frequently	4
Occasionally	3
Seldom	2
Rarely/Never	1

It is important that you answer all questions honestly.

All information is confidential and will be used for training purposes only.

- | | | | |
|----|---|---|-----------------------|
| 1 | I am creative in problem solving. | D | <input type="radio"/> |
| 2 | I am open to other peoples' ideas. | C | <input type="radio"/> |
| 3 | I am sympathetic to others. | B | <input type="radio"/> |
| 4 | I am opinionated. | A | <input type="radio"/> |
| 5 | I often withdraw from uncomfortable situations. | E | <input type="radio"/> |
| 6 | I tend to react with emotion to stressful situations. | F | <input type="radio"/> |
| 7 | I believe it is important to be spontaneous. | D | <input type="radio"/> |
| 8 | I am analytical. | C | <input type="radio"/> |
| 9 | I am friendly. | B | <input type="radio"/> |
| 10 | I am critical. | A | <input type="radio"/> |
| 11 | I often delay starting things that are important. | E | <input type="radio"/> |
| 12 | I am willful. | F | <input type="radio"/> |
| 13 | I am affectionate. | D | <input type="radio"/> |
| 14 | I believe knowledge is the main ingredient for success. | C | <input type="radio"/> |
| 15 | I give support to others. | B | <input type="radio"/> |
| 16 | I tend to be judgemental. | A | <input type="radio"/> |
| 17 | I am uncomfortable meeting new people. | E | <input type="radio"/> |
| 18 | I am aggressive. | F | <input type="radio"/> |
| 19 | I smile often. | D | <input type="radio"/> |

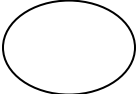
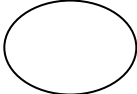
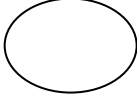
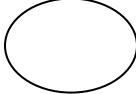
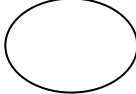
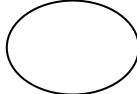
20	I use an authoritative tone while talking.	A	<input type="radio"/>
21	I tend to keep eye contact to a minimum.	E	<input type="radio"/>
22	I tend to shout.	F	<input type="radio"/>
23	I am a fun-loving person.	D	<input type="radio"/>
24	I tend to be calm under pressure.	C	<input type="radio"/>
25	I pat people on the back.	B	<input type="radio"/>
26	I tend to let people finish talking before I speak.	C	<input type="radio"/>
27	I am caring.	B	<input type="radio"/>
28	I have strong religious or political opinions.	A	<input type="radio"/>
29	I believe swearing is appropriate at certain times.	F	<input type="radio"/>
30	I tend to back down to avoid conflict.	E	<input type="radio"/>
31	I am impulsive.	D	<input type="radio"/>
32	I make decisions for others.	A	<input type="radio"/>
33	I am a good listener.	C	<input type="radio"/>
34	I tend to use a soothing tone of voice while talking.	B	<input type="radio"/>
35	I tend to point fingers in an accusatory fashion.	A	<input type="radio"/>
36	I tend to be rebellious.	F	<input type="radio"/>
37	I am enthusiastic.	D	<input type="radio"/>
38	I believe privacy to be necessary and important.	E	<input type="radio"/>
39	I think before I speak.	C	<input type="radio"/>
40	I believe in traditional male and female roles.	A	<input type="radio"/>
41	I often use a sympathetic voice.	B	<input type="radio"/>
42	I enjoy joking around.	D	<input type="radio"/>
43	I maintain eye contact while talking.	C	<input type="radio"/>
44	I often speak under my breath.	E	<input type="radio"/>
45	I tend to use an angry or indignant tone of voice.	F	<input type="radio"/>
46	I am logical.	C	<input type="radio"/>
47	I am concerned for the well-being of others.	B	<input type="radio"/>
48	I believe it's wrong to go against procedures.	A	<input type="radio"/>
49	I am a curious person.	D	<input type="radio"/>
50	I am warm toward others.	B	<input type="radio"/>
51	I tend to say "I can't" when I really mean "I don't want to."	E	<input type="radio"/>

52	I often yell to get what I want.	F	<input type="radio"/>
53	I maintain a confident posture while talking.	C	<input type="radio"/>
54	I tend to put my hands on my hips while talking.	A	<input type="radio"/>
55	I often use an enthusiastic voice.	D	<input type="radio"/>
56	I often whine.	E	<input type="radio"/>
57	I use agitated movements when I am upset.	F	<input type="radio"/>
58	I offer a helping hand when others need it.	B	<input type="radio"/>
59	I tend to make decisions based on facts.	C	<input type="radio"/>
60	I tend to interrupt others.	A	<input type="radio"/>
61	I tend to avoid conflict.	E	<input type="radio"/>
62	I am angry.	F	<input type="radio"/>
63	I use light touching when comforting someone.	B	<input type="radio"/>
64	I enjoy the outdoors.	D	<input type="radio"/>
65	I tend to blame others when things go wrong.	E	<input type="radio"/>
66	I often raise my hand to stop someone from talking.	A	<input type="radio"/>
67	I tend to listen attentively while other people speak.	C	<input type="radio"/>
68	I often look uptight and tense during stressful situations.	F	<input type="radio"/>
69	I bite my nails.	E	<input type="radio"/>
70	I tend to jump up and down when I am excited.	D	<input type="radio"/>
71	I am good at nursing someone who is sick or ill.	B	<input type="radio"/>
72	I tend to move against authority.	F	<input type="radio"/>

SCORE SHEET

Self-Evaluation






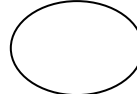
Add up all the values for A, B, C, D, E, F. Total Section 1 and Section 2 and write the results as indicated below.

	CP	NP	A	SC	WC	AC
	A	B	C	D	E	F
Section 1						
Section 2						
TOTAL						

Scores in any individual category cannot exceed 100

Add up all the values for A, B, C, D, E, F. Total all four evaluations as indicated below.

360° Evaluations

	CP	NP	A	SC	WC	AC
	A	B	C	D	E	F
Evaluation 1						
Evaluation 2						
Evaluation 3						
Evaluation 4						
TOTAL						

Scores in any individual category cannot exceed 100