

# My Group Skills/Performance

Please circle the number that best represents your skills/performance in group activities.

Rating Scale	
4 = All the time	2 = Some of the time
3 = Most of the time	1 = Hardly ever

1. I have made it a point to listen as much as I talk. 1 2 3 4
2. I look others in the eye when speaking to them. 1 2 3 4
3. I do not interrupt when others are speaking. 1 2 3 4
4. I encourage others to participate in the discussion. 1 2 3 4
5. I do my share when working on a group activity. 1 2 3 4
6. I use "I messages" instead of "you messages", especially when expressing my feelings. 1 2 3 4
7. I tell the group when something is bothering me. 1 2 3 4
8. I respect others' feelings even when I disagree with them. 1 2 3 4
9. I try not to be aggressive to get my way. 1 2 3 4
10. I praise others when appropriate. 1 2 3 4
11. I share my ideas and feelings. 1 2 3 4
12. I co-operate more than compete with others. 1 2 3 4

Complete the following unfinished sentences:

a) My two greatest strengths from the above list are: 1.  2.
b) The two skills I have to work on from the above list are: 1.  2.