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## My Group Skills or Performance

Please circle the number that best represents your skills or 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 try to look others in the eye when speaking to them. 1 2 3 4
3. I try not to interrupt when others are speaking. 1 2 3 4
4. I encourage others to participate in the discussion. 1 2 3 4
5. I try to 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 try to 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 try to share my ideas and feelings. 1 2 3 4
12. I try to cooperate more than compete with others. 1 2 3 4

\* May or may not be applicable depending on cultural expectations.

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.