

Working As One  
Keeping to The Right—Self Assessment

On a scale of 1-10 (with 10 being the highest), how well do you do the following?

**Listening. . .How well do I?**

1. Allow others to finish sentences without interrupting? \_\_\_\_\_
2. Check for understanding by paraphrasing? \_\_\_\_\_
3. Ask questions for further understanding in such a way that sincerely demonstrates an interest in wanting/needing to know more? \_\_\_\_\_

**Expressing. . .How well do I?**

1. Make a clear statement of my overall perspective, supported by examples and additional data, if appropriate? Do I make my thinking process visible? \_\_\_\_\_
2. Pause to check for understanding? \_\_\_\_\_

**Promoting. . .How well do I?**

1. Am I aware of and assume responsibility for my own biases, feelings and ego needs during conversations? Am I able to temporarily suspend them in order to be fully present in the immediate conversation? \_\_\_\_\_
2. Do I use appropriate verbal and body language to encourage and support a constructive atmosphere? \_\_\_\_\_
3. When the group gets stuck, do I help the group to move on while maintaining the focus? \_\_\_\_\_

**“Ah Hahs” & Observations:**