

## Social-Self Assessment

Survival Level	Maintenance Level	Enhancement Level
I talk to people, but am not aware of how they respond to me.	Sometimes I communicate effectively with people and am aware of their responses to me.	I communicate effectively with others and receive positive feedback from others concerning my communication skills.
1	2	3
4	5	
I do not listen intently to others unless they are talking about me or something in which I am interested.	I usually listen to people and am usually able to understand what they are saying.	I listen effectively to people and hear both their words and the nonverbal messages they are sending about themselves as people.
1	2	3
4	5	
I have difficulty solving conflicts with people without the help of others.	Sometimes I solve conflicts with other people and am not dependent upon the help of others.	I understand conflicts between people and use effective techniques to solve problems I encounter with others.
1	2	3
4	5	
Rarely, if ever, am I in a leadership position in my life.	I sometimes enjoy being a leader and there are times when people turn to me for my ideas.	I possess the appropriate skills to be a leader and find that most people turn to me for guidance in important situations.
1	2	3
4	5	
Sometimes I am successful at understanding other people and am able to care for them.	I understand other people and use this knowledge to get along well with them.	I understand and accept people and I truly care for them. My understanding helps me develop deeper and healthier relationships.
1	2	3
4	5	
I try to find out how I am like other people and sometimes try to be like them so that we can get along.	I discover how I am like others and how I am different, but this information does not help me in getting along with them.	I realize how we are alike, but it is our differences which help us to grow and to become more effective as friends.
1	2	3
4	5	
I would rather work alone than in a group because I usually get frustrated with others.	I enjoy working alone, but find that I can work just as effectively with a group.	I work effectively with a group and usually use my abilities as a leader to help the group achieve greater success.
1	2	3
4	5	

Other people do not generally see me as an open person, but they accept me some of the time.	Sometimes people see me as an open person and although they accept me, they are not attracted to me.	People tend to see me as an open person and are attracted to me because of my acceptance of them.
1	2	3
		4
		5

My strengths in terms of my social self include:

Aspects of my social self which show opportunity for further growth include:

My general thoughts and feelings about my social self are: