



Handling Difficult Feelings

Facilitator Assessment of Participant

Unique Client ID: _____	Assessment Type: <input type="checkbox"/> Pre <input type="checkbox"/> Post
Facilitator: _____	Session Type: <input type="checkbox"/> Group <input type="checkbox"/> Individual
Organization: _____	Date Completed: ____ / ____ / ____

SCORING DEFINITIONS

Strongly Agree
Maintenance only

Agree
Further practice desirable

Disagree
Further practice or development required

Strongly Disagree
Basic skill/knowledge deficit

Circle the number that best represents your level of agreement. Then, calculate the average score for each category (Attitudes, Knowledge, and Skills). Refer to the instructions to interpret scores.

Attitudes

	<u>Strongly Agree</u>	<u>Agree</u>	<u>Disagree</u>	<u>Strongly Disagree</u>
1. The participant recognizes the value of positive self-talk.	1	2	3	4
2. The participant recognizes the value of having coping skills for managing difficult feelings.	1	2	3	4
3. The participant wishes to change how he or she manages difficult feelings.	1	2	3	4
4. The participant believes he or she is in control of his or her own feelings.	1	2	3	4

Attitudes Average (Total ÷ 4) =

Knowledge

5. The participant understands that unmanaged feelings can lead to self-destructive behaviors.	1	2	3	4
6. The participant understands the difference between thoughts and feelings.	1	2	3	4
7. The participant draws the connection between difficult feelings and irresponsible/illegal behavior.	1	2	3	4
8. The participant knows the common situations that trigger boredom, fear, resentment and anger.	1	2	3	4
9. The participant knows his or her own body cues for anger.	1	2	3	4



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Knowledge (continued)

	<u>Strongly Agree</u>	<u>Agree</u>	<u>Disagree</u>	<u>Strongly Disagree</u>
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10. The participant is aware of the negative self-talk that could intensify his or her anger.	1	2	3	4
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11. The participant recognizes the patterns between his or her feelings and body signals and the resulting behaviors.	1	2	3	4
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Knowledge Average (Total ÷ 7) =

Skills

12. The participant has a support network for coping with difficult feelings.	1	2	3	4
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13. The participant looks at the facts before interpreting a situation.	1	2	3	4
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14. The participant challenges negative self-talk.	1	2	3	4
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15. The participant plans ahead for managing high-risk feelings.	1	2	3	4
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16. The participant uses time-outs for coping with high-risk feelings.	1	2	3	4
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17. The participant has developed a self-management plan for coping with difficult feelings or situations.	1	2	3	4
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Skills Average (Total ÷ 6) =

Overall Score

Overall Average (Overall total ÷ 17) =