Family

Participant Self-evaluation

Unique Client ID: _____

Facilitator: _____

Organization: _____

Assessment Type: ☐ Pre ☐ Post

Session Type: ☐ Group ☐ Individual

Date Completed: ____ / ____ / ____

Circle the number that best represents your level of agreement. Then, have your facilitator calculate the average score for each category (Attitudes, Knowledge and Skills).

Attitudes

	Strongly Agree	Agree	Disagree	Strongly Disagree
1. I agree that my values, beliefs and behaviors are partly based on what my family members have passed on to me.	1	2	3	4
2. I have a desire for healthy family relationships.	1	2	3	4
3. I show the six positive attitudes for success (honesty, responsibility, willingness, humility, caring and gratitude).	1	2	3	4
4. I have realistic expectations of my family members.	1	2	3	4

Attitudes Average (Total ÷ 4) = ⬭

Knowledge

	Strongly Agree	Agree	Disagree	Strongly Disagree
5. I have identified the positive and negative traits passed down to me from family members.	1	2	3	4
6. I know which family relationships are a positive influence.	1	2	3	4
7. I know which family relationships are a negative influence.	1	2	3	4

Knowledge Average (Total ÷ 3) = ⬭

Participant Self-evaluation

	Strongly Agree	Agree	Disagree	Strongly Disagree

Skills

	Strongly Agree	Agree	Disagree	Strongly Disagree
8. I am able to effectively communicate with my family members.	1	2	3	4
9. I have the ability to resolve conflicts with my family members.	1	2	3	4
10. I understand the healthy family ground rules.	1	2	3	4
11. I have set goals to improve my family relationships.	1	2	3	4
12. I have shared positive experiences with my family.	1	2	3	4

Skills Average (Total ÷ 5) =

Overall Score

Overall Average (Overall Total ÷ 12) =