Relationships and Communication

Participant Self-evaluation

Unique Client ID: _____   **Assessment Type:** ☐ Pre   ☐ Post

Facilitator: _____   **Session Type:**   ☐ Group   ☐ Individual

Organization: _____   **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 value my healthy relationships.	1	2	3	4
2. I recognize the value in anticipating future high-risk situations.	1	2	3	4
3. I have a desire to experience the benefits of healthy relationships (emotional support, sharing, companionship, connectedness and honest feedback).	1	2	3	4

Attitudes Average (Total ÷ 3) = ⬭

Knowledge

	Strongly Agree	Agree	Disagree	Strongly Disagree
4. I understand the characteristics of a healthy relationship.	1	2	3	4
5. I understand the characteristics of an unhealthy relationship.	1	2	3	4
6. I know how to improve my current relationships.	1	2	3	4

Knowledge Average (Total ÷ 3) = ⬭

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Skills

	Strongly Agree	Agree	Disagree	Strongly Disagree
7. I am able to identify the relationships in my life that are healthy.	1	2	3	4
8. I am able to identify the relationships in my life that are unhealthy.	1	2	3	4
9. I frequently use passive, aggressive or passive-aggressive communication.	4	3	2	1
10. I frequently use assertive communication.	1	2	3	4
11. I evaluate the health of my relationships.	1	2	3	4
12. I anticipate future situations in which I am likely to experience negative peer/social pressure.	1	2	3	4
13. I respond effectively to negative peer/social pressure.	1	2	3	4

Skills Average (Total ÷ 7) =

Overall Score

Overall Average (Overall total ÷ 13) =