



What Got Me Here?

Participant Self-evaluation

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: ____ / ____ / ____

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

	<u>Strongly Agree</u>	<u>Agree</u>	<u>Disagree</u>	<u>Strongly Disagree</u>
1. I am aware of the choices that brought me to this program.	1	2	3	4
2. I take full responsibility for the choices that brought me to this program.	1	2	3	4
3. I am ready to make positive changes in my life.	1	2	3	4
4. I am willing to ask for help with my change efforts.	1	2	3	4
5. I am willing to work on my top three issues.	1	2	3	4

Attitudes Average (Total ÷ 5) =

Knowledge

6. I understand the six positive attitudes for successful change.	1	2	3	4
7. I know my top three issues.	1	2	3	4
8. I know how to ask for help with my change efforts.	1	2	3	4

Knowledge Average (Total ÷ 3) =



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Strongly Agree Agree Disagree Strongly Disagree

Skills

9. I demonstrate the six positive attitudes for succesful change.	1	2	3	4
10. I am able to identify my triggers for anger.	1	2	3	4
11. I use anger control strategies to cope with anger.	1	2	3	4
12. I resist peer pressure to engage in irresponsible or illegal behavior.	1	2	3	4
13. I avoid conflict with authority figures.	1	2	3	4

Skills Average (Total ÷ 5) =

Overall Score

Overall Average (Overall total ÷ 13) =