

## Open-Minded Conversations Self-Assessment

You may find it useful to identify your strengths and areas that you want to develop further. Review the items below and rate where you believe you have strong skills and where you would like to focus. You could use a 5 point scale with 1 being little or no skill and 5 being a strong skill.

1. I am comfortable building rapport with others.
2. I am aware of my intentions in interactions.
3. I empathize skillfully and authentically with others.
4. I effectively establish common ground with others.
5. I adapt my language, tone and style to match the person with whom I am speaking.
6. I ask questions to clarify and learn more about others' perspectives.
7. I am aware of my thoughts and assumptions when interacting with others.
8. I recognize how my previous experiences influence how I see things now.
9. I can identify my emotions when interacting with others.
10. I provide clear feedback based on observable data.
11. I use active listening skills to demonstrate interest in others.
12. I suspend judgment in order to try to understand another's perspective.
13. I notice when I disagree with someone.
14. I can manage my negative and strong reactions when interacting.
15. I am able to work with someone who seems resistant or defensive.
16. I am present and attentive when communicating with someone.
17. I can put distractions aside as I communicate with others.
18. I am clear in expressing my ideas.
19. I manage my emotions effectively, especially anger and fear.
20. I demonstrate openness in sharing information and keeping people informed.
21. I generally assume that others have positive intentions.
22. I am aware of my strengths as they relate to interpersonal communications.
23. I am conscious of my impact on others.
24. I am open to considering new perspectives.
25. I am comfortable in making agreements with others.
26. I recognize the importance of influencing.
27. I look for win/win solutions