



# What Got Me Here?

Facilitator Assessment of Participant

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

## 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 is aware of the choices that brought him or her to this program.	1	2	3	4
2. The participant takes full responsibility for the choices that brought him or her to this program.	1	2	3	4
3. The participant is ready to make positive changes in his or her life.	1	2	3	4
4. The participant is willing to ask for help with his or her change efforts.	1	2	3	4
5. The participant is willing to work on his or her top three issues.	1	2	3	4

Attitudes Average (Total ÷ 5) =

### Knowledge

6. The participant understands the six positive attitudes for successful change.	1	2	3	4
7. The participant knows his or her top three issues.	1	2	3	4
8. The participant knows how to ask for help with his or her change efforts.	1	2	3	4

Knowledge Average (Total ÷ 3) =



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Strongly Agree      Agree      Disagree      Strongly Disagree

## Skills

9. The participant demonstrates the six positive attitudes for successful change.	1	2	3	4
10. The participant is able to identify his or her triggers for anger.	1	2	3	4
11. The participant uses anger control strategies to cope with anger.	1	2	3	4
12. The participant resists peer pressure to engage in irresponsible or illegal behavior.	1	2	3	4
13. The participant avoids conflict with authority figures.	1	2	3	4

Skills Average (Total ÷ 5) =

## Overall Score

Overall Average (Overall total ÷ 13) =