

What Got Me Here?

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	<u>Strongly</u> <u>Agree</u>	<u>Agree</u>	<u>Disagree</u>	Strongly Disagree	
1. I am aware of the choices that brought me to this program	m. 1	2	3	4	
2. I take full responsibility for the choices that brought me this program.	to 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	

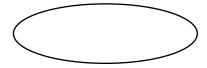
Attitudes Average (Total \div 5) =



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 \div 3) =





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	Strongly Agree	<u>Agree</u>	<u>Disagree</u>	Strongly Disagree	
Skills					
9. I demonstrate the six positive attitudes for successful 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	
 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 \div 5) =



Overall Score

Overall Average (Overall total \div 13) =