



SELF-ASSESSMENT QUIZ 11-4

HOW IMPORTANT DO I MAKE PEOPLE FEEL?

Directions: Indicate on a one-to-five scale how frequently you act (or would act if the situation presented itself) in the ways indicated below: very infrequently (VI); infrequently (I); sometimes (S); frequently (F); very frequently (VF). Circle the number underneath the column that best fits your answer.

| | <u>VI</u> | <u>I</u> | <u>S</u> | <u>F</u> | <u>VF</u> |
|--------------------------------------------------------------------------------------------------------------|-----------|----------|----------|----------|-----------|
| 1. I do my best to correctly pronounce a coworker's name. | 1 | 2 | 3 | 4 | 5 |
| 2. I avoid letting other people's egos get too big. | 5 | 4 | 3 | 2 | 1 |
| 3. I brag to others about the accomplishments of my coworkers. | 1 | 2 | 3 | 4 | 5 |
| 4. I recognize the birthdays of friends in a tangible way. | 1 | 2 | 3 | 4 | 5 |
| 5. It makes me anxious to listen to others brag about their accomplishments. | 5 | 4 | 3 | 2 | 1 |
| 6. After hearing that a friend has done something outstanding, I shake his or her hand. | 1 | 2 | 3 | 4 | 5 |
| 7. If a friend or coworker recently received a degree or certificate, I would offer my congratulations. | 1 | 2 | 3 | 4 | 5 |
| 8. If a friend or coworker finished second in a contest, I would inquire why he or she did not finish first. | 5 | 4 | 3 | 2 | 1 |
| 9. If a coworker showed me how to do something, I would compliment that person's skill. | 1 | 2 | 3 | 4 | 5 |
| 10. When a coworker starts bragging about a family member's accomplishments, I do not respond. | 5 | 4 | 3 | 2 | 1 |

Total Score _____

Scoring and Interpretation: Total the numbers corresponding to your answers. Scoring 40 to 50 points suggests that you typically make people feel important; 16 to 39 points suggests that you have a moderate tendency toward making others feel important; 10 to 15 points suggests that you need to develop skill in making others feel important. Study this chapter carefully.