

Awareness Skills Self-Assessment

To assist oneself with making conscious choices, awareness needs to be readily available. Awareness skills need to be implemented quickly and effectively.

Please use the following scale to rate your agreement with each statement.

5 - Strongly agree	4 - Agree	3 - Neutral	2 - Disagree	1 - Strongly Disagree
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Awareness Skills Protocol: Part One

1. _____ I am able to identify my feelings generally (mad, sad, glad, afraid) and specifically (feelings wheels).
2. _____ I am able to identify my feelings as primary (without thought) or secondary (caused by thoughts).
3. _____ I am able to identify the content of my thoughts.
4. _____ I can differentiate between feelings and thoughts.
5. _____ I am able to identify thoughts as facts or beliefs.
6. _____ I am able to label thoughts as “helpful” and “unhelpful.”
7. _____ I am able to challenge beliefs that are unhelpful to me.
8. _____ I am able to recognize signs of stress and distress and self-soothe.
9. _____ I am able to use a) self-soothing skills, b) “volume control” skills, c) supportive, realistic self-talk, and d) flooding intervention skills to manage my inner state.
10. _____ I am able to engage, disengage, and shift the focus of my attention to my choice at my command.
11. _____ I am able to practice non-judgmental self-kindness.
12. _____ I am able to use the precious resource and taxing skill of self-insistence as a last resort. With compassion, I am able to insist I stop myself when I am engaging in self-criticism. I am able to use self-insistence when my inner wisdom says I absolutely must stop or must go.
13. _____ I am aware of the value of self-care, I use the self-care checklist, and I keep a schedule to track and meet my self-care needs.
14. _____ I am adept at working with my feelings, thoughts, and attention in the context of self-kindness. I am able to access my inner wisdom, the best of my humanity, for guidance to make conscious choices about what I do or say—or don’t do or don’t say—next.

Awareness Skills Protocol: Part Two

15. _____ I am aware of my values and operate primarily from an internal locus of control vs. an external locus of control.
16. _____ I am able to become aware of patterns of feeling, thinking, behaving, interacting, opposing, withdrawing, and attaching that may have become problematic for me, others, and/or society.
17. _____ I am able to apply my awareness skills to a full range of interpersonal relationships.
18. _____ I am able to discern the difference between safe and unsafe interactions and, more broadly, safe and unsafe relationships.
19. _____ I am able to engage in reflective listening (mirroring), empathy, and validation during conversations and discussions with people important to me. (The Dialogue)

5 - Strongly agree	4 - Agree	3 - Neutral	2 - Disagree	1 - Strongly Disagree
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20. _____ I share the “air time” in conversations and discussions, speaking and listening each about 50% of the time.
21. _____ I am able to navigate conflict.
22. _____ I am able to negotiate resolutions.
23. _____ I am able to navigate, negotiate, and be present for intimacy.
24. _____ I am able to operate in a balanced way in relationships, neither over-functioning nor under-functioning.
25. _____ I am able to respond skillfully and effectively to unexpected occurrences or to the surprising actions of others without reverting to automaticity and problematic patterns.
26. _____ I am able to practice radical awareness skills to respond to life’s hardships, shocks, and tragedies.
27. _____ *Advanced awareness skill.* I am able to (or would be able to) use radical awareness, attention, and self-soothing skills to bring myself back to the present if/when I dissociate.
28. _____ *Advanced awareness skill.* I am increasingly able to catch the intrusion of unwelcome memories. I am increasingly able to detect the possible intrusion of micro-thoughts, or can sense their impressions or after-images, and can help myself with them if they unsettle or distress me.
29. _____ I feel pretty stable most of the time.
30. _____ With my awareness skills and personal strengths, I am able to give myself, my loved ones, others, and society a pretty good time.

_____ TOTAL

Scoring the Awareness Skills Self-Assessment

For people who need or want to make conscious choices, the 30 items above represent an attempt to synthesize and articulate what counseling psychology and research suggest are helpful to most people, most of the time, better than other things, and better than nothing.

The items are rank ordered, i.e. skills are listed sequentially and progressively in an estimated order of difficulty.

The hypothesis for scoring the assessment is that for autonomy to overpower automaticity, an individual needs to be aware and skillful more than half the time.

Total points possible = 30 items x maximum of 5 points per item = 150.

Achieving a 51% score (an individual is aware + skilled more than half the time) = 76.

The Awareness Skills Self-Assessment is a work in progress. Last revised 9/9/19.

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