

## Relational Competency Assessment

After learning the Safe Conversations skills and processes, evaluate your **current competency** on the chart below. Your rating (on a scale of 1-10, 10 being highest), should answer the question:

**“How well, or how often, do I practice this competency in my relationships?”**

<b>Safe Conversations Competency</b>	<b>Description</b>	<b>Example</b>	<b>Rating (1-10)</b>
Honoring Boundaries	When I want to talk to someone, I check to see if they're available to listen.	“Is now a good time to talk with you about...”	
	When I hear someone is not available to talk, I am open when they provide an alternate time.	“When would be a good time? Would you please find me when that time comes?”	
Relaxing Defenses	Before I begin sharing, I take a few minutes to settle and connect.	Make eye contact and take a few deep breaths.	
Expressing Appreciations	In an effort to create safety in a conversation, I begin by sharing an appreciation.	“I have an appreciation for you that I'd like to share. When I see you do... or hear you say... I really appreciate it, it makes me feel...”	
Sender Responsibility	When I speak with someone, I start my sentences with “I messages” rather than “you”.	“Recently I have been feeling... and I'm curious about what you are thinking.”	
Mirroring	When I am listening to another person, I ask if I can mirror what I heard after their first few sentences.	“Let me see if I'm getting you. You said...”	
Checking for Accuracy	After I mirror what I hear, I check with them to see if I'm on the right track.	“Did I get that?” or “Have I mirrored you accurately?”	
Expressing Curiosity	When I hear that I've mirrored accurately, I ask if there's more to add.	“Is there more about that?”	
Summarizing	When someone has finished speaking, I summarize what I heard.	“Let me see if I got everything you said. In summary, you said...”	

Competency	Description	Illustration	Rating (1-10)
Expressing Validation	When someone has finished speaking, I affirm the logic of what they are saying, whether I agree with them or not.	“You make sense, and what makes sense is that when you experience that, you may have felt/thought...”	
Expressing Empathy	When someone has finished speaking, I express the feelings I imagine them having.	“Given what you shared with me, I can imagine you might feel/have felt ... (mad, sad, glad, scared or a version of these feelings)”	
Expressing Gratitude	When I listen, I express gratitude to the speaker for sharing their thoughts and feelings with me.	“Thanks for sharing this with me.”	
	When I am the speaker, I express gratitude to the listener for hearing my thoughts and feelings.	“Thanks for listening to what I had to say.”	
		My Total Rating	
		<i>Out of a “Perfect” Rating of...</i>	<i>130</i>

What are your **greatest relational strengths**, as indicated by your highest competency ratings?

What are your **areas for growth**, as indicated by your lowest competency ratings?