

Restorative Metaskills Self-Rating 1 (low) to 7 (high)

1	2	3	4	5	6	7
Beginner (This idea is new to me)	Aware but not skilled	Basic skills, learning how to apply them	Some skills, used inconsistently	Fairly skillful and consistent	Very skillful and consistent	Approaching perfect mastery

	Rating (1-7)	What would help you move to the next highest rating?
Listening: I listen deeply to others, going beyond what they are saying and understanding their feelings.		
Self-Awareness: I am aware of my feelings, thoughts, perceptions, and motivations and how they influence my actions.		
Attachment to Stories: I examine my beliefs and opinions and readily modify them as I learn new things.		
Curiosity: I am intrigued by the idea that there is something new to discover about others or the situation, and I create space in the dialogue for surprises.		
Assertiveness: I am able to identify and stand up for my needs in ways that respect the needs and rights of others. I can speak powerfully and clearly on my own behalf.		
Conflict Management: When I am in a conflict I am able to manage it effectively in a way that is fair and respectful to all involved. I can let go of my need to win and work for a mutually satisfactory solution.		
Congruence: I speak truthfully about what I am thinking and experiencing, and express my true emotions. With me, what you see is what you get.		
Empathy: I am able to deeply intuit how others are experiencing their circumstances and interactions with me and other people. I can truly say, "I feel you."		
Silence: I can hold my silence and give others all the space they need to express themselves, without me interrupting, trying to persuade, or trying to control.		
Boundaries: I take care of my own needs and am aware of and respectful of the needs of others. I am not an enabler, nor am I neglectful.		
Communication Skills Training: I have been formally trained in communication skills such as active listening techniques, assertive communication methods, I-messages, non-violent communication, etc.		
Facilitation Experience: I have served as a facilitator of meetings, circles, study groups, or in similar contexts, and have developed a solid set of facilitation skills.		