

## SELF-ASSESSMENT

## Cultural Humility Self-Assessment

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### Download the printable version

A printable Cultural Humility Self-Assessment is in your course materials. Print it, complete it, and return to it every 6 months to track your growth. There's no passing score — the goal is honest self-reflection.

Rate yourself honestly on each statement using the scale below. **1 = Strongly Disagree**, **5 = Strongly Agree**. There are no right or wrong answers — this is a tool for your own growth.

### Self-Awareness

- 1. I am aware of my own cultural background and how it shapes my worldview. (1 2 3 4 5)
- 2. I recognize that I have biases, both conscious and unconscious. (1 2 3 4 5)
- 3. I regularly reflect on how my identities influence my work. (1 2 3 4 5)
- 4. I notice when my reactions to someone might be shaped by stereotype rather than the actual person. (1 2 3 4 5)
- 5. I can name privileges I hold that others may not. (1 2 3 4 5)

### Openness and Inquiry

- 6. I ask people about their preferences rather than assuming based on group identity. (1 2 3 4 5)
- 7. I listen with genuine curiosity, especially across difference. (1 2 3 4 5)
- 8. I'm comfortable saying "I don't know" when I don't. (1 2 3 4 5)
- 9. I let the person I'm supporting be the expert on their own experience. (1 2 3 4 5)
- 10. I seek out perspectives and learning beyond my own community. (1 2 3 4 5)

### Accountability and Repair

- 11. When I make a mistake involving culture or identity, I acknowledge it and repair. (1 2 3 4 5)
- 12. I take responsibility for impact, even when intent was different. (1 2 3 4 5)
- 13. I notice and address inequities I see in my workplace or community. (1 2 3 4 5)
- 14. I don't expect people from marginalized groups to educate me. (1 2 3 4 5)
- 15. I'm committed to lifelong learning, not a finish line. (1 2 3 4 5)

## Scoring and Interpretation

Score Range	Interpretation
<b>60-75</b>	<b>Strong Foundation:</b> You demonstrate strong cultural humility awareness. Continue your growth journey and consider mentoring others.
<b>45-59</b>	<b>Growing Awareness:</b> You're on the path. Identify 2-3 areas for focused growth and seek learning opportunities.
<b>30-44</b>	<b>Foundation Building:</b> You're developing awareness. Focus on self-reflection, reading, and listening across difference. Be patient with yourself; this is a long road.
<b>Below 30</b>	<b>Beginning the Journey:</b> You're early in the work. That's a fine place to begin. Seek mentorship, consider a structured program of learning, and engage with this material slowly and seriously.

### Remember

Cultural humility is not about achieving a score — it's about committing to lifelong learning, self-reflection, and accountability. The most important number on this assessment is not your total. It's the items where you rated yourself lowest. Those are your growing edges.

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**Dharma Consulting LLC**

Salem, Oregon • [findingdharma.org](http://findingdharma.org) • [curious@findingdharma.org](mailto:curious@findingdharma.org)