

Formator Self-Assessment Snapshot

Rate 1 - 5:

where 1 is "not really"
and 5 is "too much"

I feel emotionally
clear after most
conversations.

1

2

3

4

5

I can distinguish
compassion from
responsibility.

1

2

3

4

5

I have a place to
process formation
decisions.

1

2

3

4

5

