

## Let's take a look at ourselves

Please answer

0 = Never

1 = Sometimes

2 = Usually

3 = Always

Statement	1	2	3	4
When you feel you are being criticized unfairly, do you get angry and say something?				
Your colleague at work tells you to hurry up and finish what you are doing so you can help them. You keep quiet and hurry up.				
Your supervisor tells you to clean the stove and you have been the one to clean it 3x this past week. You just keep quiet and do it.				
Your co-worker gets a call and then tells you that they have to leave early. This means that you will have to clean up the kitchen at the end of your shift. You get angry and begin to argue with the co-worker.				
Your co-worker tells the supervisor that you took 5 phone calls during your shift and did not help around. You confront your co-worker and tell them to "mind their own business."				
Your co-worker borrows money from you and is overdue in returning it, do you mention it?				
You bring your favorite drink to work and put it into the refrigerator for your break. A co-worker sees it and takes it. Do you let this go?				
Are you able to refuse unreasonable requests made by co-workers?				
Are you able to ask your co-workers for help if running late?				

You see a co-worker doing something that you don't like, do you speak up?				
Your supervisor is talking to you about the last batch of cookies you burned. You keep your head down and say: "I'm sorry."				
A client (who is a relative) gives you an envelope to give to his/her partner who lives with you. Do you just do this to please your relative and show that you care about them?				
Do you avoid giving your opinion when asked at work?				
You are late for work 3 days this week, and you tell your supervisor that "It's not my fault."				
You are not feeling well and decide to take the day off. You don't call in because it's pay-back time for those you work with.				
Your supervisor asks for ideas on how to solve a problem. You say "I don't know."				
You don't like your supervisor, so you never offer to help cover for them when they need a substitute.				
You feel as though no one appreciates the fine work you do, but you don't say anything about your feelings.				
You feel picked on by a co-worker, but you don't say anything.				
You fixed a special snack for the clients tonight, they came and got it, ate it, and that was it. No comments to you. What do you say or do?				