Cultural Diversity in Counseling
Self-Assessment: Valuing Diversity

Please respond to the following questions using the scale:
1. Never
2. Rarely
3. Sometimes
4. Often
5. Always

1. I regularly assess my strengths and weaknesses in the area of diversity, and I consciously try to improve myself.   1 2 3 4 5

2. I'm always asking questions. I'm curious about new things and people.   1 2 3 4 5

3. When I don't understand what someone says, I ask for clarification.   1 2 3 4 5

4. I'm committed to respecting all clients and co-workers.   1 2 3 4 5

5. I can communicate with and influence people who are different from me in positive ways.   1 2 3 4 5

6. Some of my friends are different from me in age, race, religion, background, etc.   1 2 3 4 5

7. I'm aware of my prejudices and consciously try to control my assumptions about people.   1 2 3 4 5

8. I avoid generalizing the behaviors or attitudes of one individual to an entire group.   1 2 3 4 5

9. I apologize when I have offended someone.   1 2 3 4 5

10. I think of the impact of my comments and actions before I speak or act.   1 2 3 4 5

11. I get to know individuals who are different from me.   1 2 3 4 5

12. I recognize that others may stereotype me, and I try to overcome incorrect assumptions that they may make.   1 2 3 4 5

13. I recognize that I am a product of my background; my way isn't the only way.   1   2   3   4   5

14. I am comfortable with differences that exist between my client and myself.   1   2   3   4   5

15. I recognize that my culture has affected my perspective on normal and abnormal behavior.   1   2   3   4   5

16. My organization seeks out diverse individuals as clients and staff members.   1   2   3   4   5

17. I demonstrate effective and culturally sensitive counseling skills.   1   2   3   4   5

18. I actively seek out opportunities to expand my knowledge, skills, and attitudes in multicultural counseling.   1   2   3   4   5

19. The staff diversity in my organization improves our creativity, problem solving, and communication skills.   1   2   3   4   5

20. I am a role model for others in valuing diversity.   1   2   3   4   5

Total Score_____