

NICE ASSESSMENT

For each item below read the statement on each end of the scale. Then write the number that rates which statement feels truer for you in your life at this moment.

If the item on the left feels completely true for you, then you will write a 1 or a 2. If the statement on the right feels true, you will write a 9 or a 10. If both statements reflect how you feel then you may write a 4,5, or 6. As you are assessing what is true for you, reflect on the last few weeks of your life.

To determine your Nice Score, add up all of the numbers you circled above and divide by 14.

1	2	3	4	5	6	7	8	9	10
I often nod and agree with others (even if I secretly disagree)					When I disagree with someone, I ask questions and share my perspective.				
I often talk about what other people want to talk about, and show interest (even if I'm not).					I skillfully interrupt when I'm disengaged and steer conversations into areas that interest me.				
I often stay in conversations longer than I want to and feel guilty about ending them.					I end conversations freely and easily whenever I feel done.				
I wait for others to ask me questions before I share about myself.					I openly share whatever I would like to about myself.				
I avoid touchy subjects and I'm careful not to offend anyone.					I speak about whatever is most engaging to me.				
It's bad to say things that may hurt others.					I skillfully speak what feels true for me, even if it might upset someone.				
I am responsible for how others feel.					I am responsible for my feelings and others are responsible for their feelings.				
I feel guilty when I say no to someone, especially if they really want me to say yes.					I say no when I don't want to do something and I feel good about taking care of myself.				
I feel uncomfortable asking for what I want, and often talk myself out of asking.					I freely and boldly ask for what I want in all my relationships.				
If someone is doing something that bothers me, I try to forgive and just let it go.					I quickly address the things that bother me and make clear requests.				
I avoid any sort of confrontation or conflict. It could mean the end of the relationship.					I initiate difficult conversations and work through conflict and disagreements.				
I often worry about whether I've upset or offended someone after an interaction.					I don't stress about past interactions and I trust most people enjoy being with me.				
I avoid eye contact, especially with people I find attractive, because I don't want to make them uncomfortable.					I hold eye contact with anyone in a relaxed and comfortable way.				
I secretly resent others for being selfish and not giving as much as I do.					I clearly ask for what I want and meet my needs from a variety of relationships.				