

Cultural Humility Assessment⁶

This assessment is not to give yourself a *grade*, but to help identify areas for which you can/should improve (see the following interpretation).

INSTRUCTIONS

Read each statement and answer it with (F) frequently, (O) occasionally, (N) never, or (NA) not applicable.

No.	Statement	Answer
1	I am curious to interact with people from cultures other than my own so that I can learn from them.	
2	I am careful not to make judgments before I really understand.	
3	I am aware that when I interact with someone, I am bringing my own story to that situation, which affects the way I will respond.	
4	I intentionally put myself in situations where I can learn about those from other cultures.	
5	I believe that God created diversity for a purpose, and I enjoy learning about God's diversity through relating to people of different cultures, personalities, and backgrounds other than mine.	
6	I relate to others remembering that they are created in the image of God.	
7	I intentionally try to find out about others' opinions and perspectives.	
8	I enjoy different cultural experiences, e.g., food, art, music.	
9	I find it easy to love and understand people different than me.	
10	In an intercultural setting my behaviour expresses Jesus in a loving and respectful way.	
11	I am aware of my own personal biases and assumptions about people with different values than mine.	
12	In an intercultural setting I ask those who know more than I do to give me feedback regarding how I am doing.	
13	I try to be aware of others' cultural values.	

14	I enter an intercultural relationship as a humble learner.	
15	I ask questions to learn about the similarities and differences between people of different cultures.	
16	In a multicultural context I am careful to notice how what I do and say comes across to others.	
17	I change my behaviour to make it appropriate to the cultural context.	
18	If I notice someone in an intercultural situation struggling to understand what is happening, I will try to do my best to find a culturally appropriate way to help them realize what is going on.	
19	When I notice people from another culture doing something in a different way than me, I observe what they are doing and think carefully about whether it would be helpful for me to change my behaviour to match theirs.	
20	If I saw someone from another culture doing something that I thought was inappropriate I would ask someone who I knew from a similar culture about the behaviour before making any judgment.	
21	In a multicultural group I feel totally comfortable relating to people from diverse backgrounds and enjoy their company.	
22	I think carefully about what I say and how I say it in order for it not to be misinterpreted in an intercultural context.	
23	In a multicultural context I am aware of what I need to say and not to say about myself.	

24	In a multicultural context I appreciate that people from different cultures do things differently and I will change my behaviour to make it appropriate to those for the culture I am relating to.	
25	In a multicultural context I intentionally try to learn how different cultures interact and work with the group to find the best way to interact.	
26	When working with people who have limited English proficiency, I find strategies to make it easier for them to understand what I am saying, e.g., I don't use metaphors; I repeat things in different ways.	
27	For those who speak languages and dialects other than my own language, I attempt to learn and use key words in their language so that I am better able to communicate with them.	
28	If I see someone showing cultural insensitivity, racial bias, or prejudice I will do something about it.	
29	I am aware that some cultural groups tend to dominate and will try to prevent this.	
30	I realize that not all people think the way I do about different issues and will try to ask questions and understand other points of view.	
31	I am constantly trying to understand myself better so that I am more aware of how I am coming across to others.	

Number of times I wrote:	
(F) Frequently	_____
(O) Occasionally	_____
(N) Never	_____

Interpretation

If you have responded honestly and found that you were responding with occasionally or never, you will want to reflect on your answers and find ways to change in order to be able to respond with frequently.