

ASSESSMENT

JUDGEMENT

EVALUATION

How do I see myself?

How do others see me?

A lot of people have only few possibilities of getting feedback about their own person. In this exercise you will have the opportunity to get some feedback and to discuss it with a partner. While comparing your mutual judgements certain prejudices or misunderstandings may appear, as people often do not know each other thoroughly enough to judge the other person correctly. Try to be honest!

- **self assessment**

Of the following characteristics choose 8 that are particularly applicable to you personally.

sensitive	sociable	benevolent	passive
nervous	open-minded	anxious	careful
moody	talkative	sceptical	thoughtful
impulsive	carefree	pessimistic	peaceful
optimistic	reserved	reliable	balanced
active	dominant	exact	adventurous
imaginative	hot-blooded	ambitious	well-organised

- **partner assessment**

Now choose 8 characteristic features which you think are especially applicable to your partner.

sensitive	sociable	benevolent	passive
nervous	open-minded	anxious	careful
moody	talkative	sceptical	thoughtful
impulsive	carefree	pessimistic	peaceful
optimistic	reserved	reliable	balanced
active	dominant	exact	adventurous
imaginative	hot-blooded	ambitious	well-organised