



Assessment

Reflective Questions

Feelings

1. On a scale of 1 to 5, how intense were your emotions during the hot moment?

Minimal Very intense

2. How would you describe the dominant emotion you felt? (E.g., anger, frustration, confusion)

Thoughts

3. What were the predominant thoughts you had?

Values

4. Can you identify the specific [values](#) that guided your behaviour? (E.g., respect, empathy, assertiveness)

5. Reflecting on your actions during the hot moment, to what extent were they aligned with your values? (Note: Not acting is also acting)

Not aligned Completely aligned



Awareness of Other Perspectives Scale

6. How conscious were you of the diverse perspectives within the group during the hot moment?

Not aware ○ ○ ○ ○ ○ Highly aware

7. Did you actively seek to understand others' viewpoints, even if different from yours?

Not at all ○ ○ ○ ○ ○ Extensively