

# THE RIGHT THING ASSESSMENT

Ask yourself the following questions, rating yourself between 1–6.

1= No, Not Good, Not Confident

Yes, Good, Very Confident =6

## CONSIDER YOUR CHARACTER

How confident am I that:

- ...I can still be true to myself and not compromise my integrity?
- ...there aren't potential blind spots that could catch me off-guard?
- ...I would still help even if someone I respected knew what I was doing?

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CONFIDENCE SCORE = \_\_\_\_\_

## EXAMINE YOUR MOTIVES

How confident am I that:

- ...my primary motivations are clear in this situation?
- ...I am not influenced by desires like personal gain, recognition, or approval?
- ...that my emotions aren't driving my motives? (e.g. anger, frustration, protection, fear, or guilt).

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CONFIDENCE SCORE = \_\_\_\_\_

## COUNT THE IMPACT

How confident am I that:

- ...my help won't cause tension or resentment among those involved?
- ...the potential positives outweigh the negative outcomes if I act?
- ...I'm prepared to take responsibility for the consequences?

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CONFIDENCE SCORE = \_\_\_\_\_

## MAINTAIN PROPER BOUNDARIES

How confident am I that:

- ...I can help while maintaining my well-being?
- ...I will not have to cross lines that make me uncomfortable?
- ...I can separate my responsibility from the outcome of this decision?

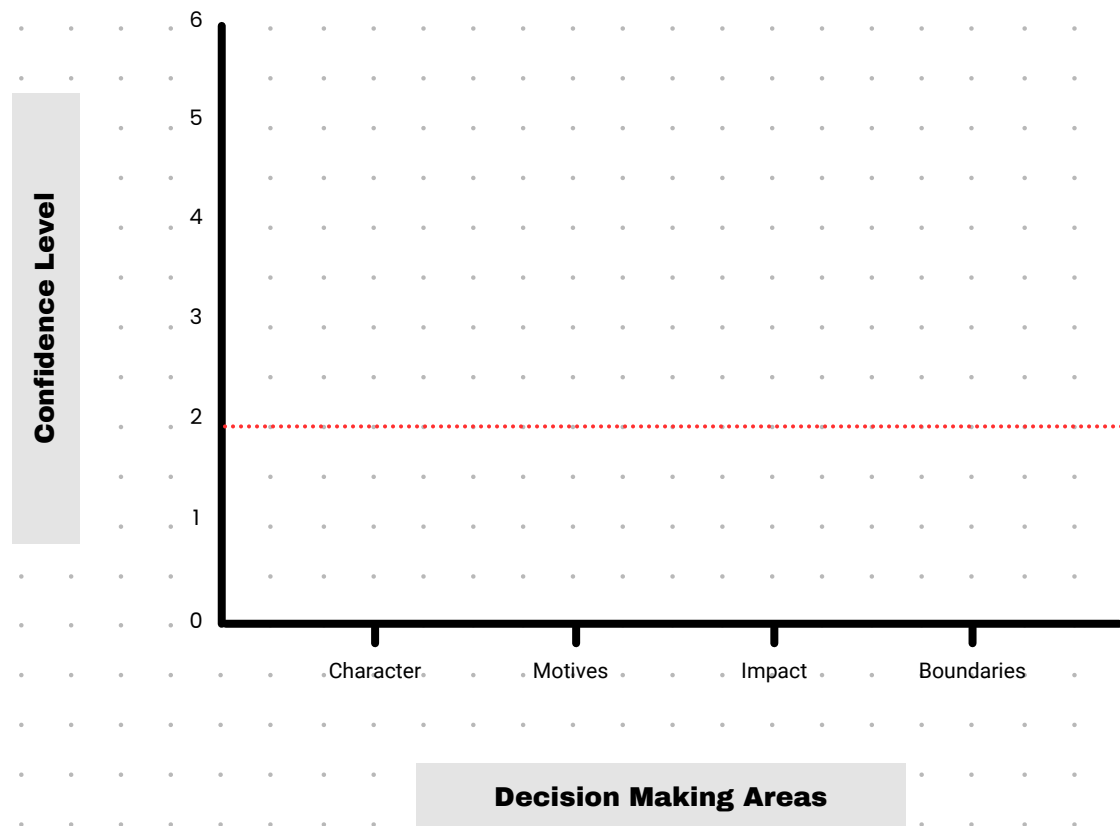
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CONFIDENCE SCORE = \_\_\_\_\_



# IDENTIFY THE DIPS



## CLARIFY THE WHY...

Check out some advice on the following pages.

