

Intellectual Humility

Instructions:

Please rate the extent to which the following statements are true or characteristic of you:

1	2	3	4	5
Not at all true of me	Slightly true of me	Moderately true of me	Very true of me	Extremely true of me

Rating

- _____ 1. I question my own opinions, positions, and viewpoints because they could be wrong.
- _____ 2. I reconsider my opinions when presented with new evidence.
- _____ 3. I recognize the value in opinions that are different from my own.
- _____ 4. I accept that my beliefs and attitudes may be wrong.
- _____ 5. In the face of conflicting evidence, I am open to changing my opinions.
- _____ 6. I like finding out new information that differs from what I already think is true.

Please calculate your total intellectual humility score. To do this, compute the mean of the scores above (add all scores and divide by six).

Intellectual Humility Score: _____