

Intellectual Humility

Instructions:

Using the following response options, please carefully read each statement and rate how often you behave in that way **NOW**, *at the end of this program*, and how often you would have or did behave **BEFORE** *this program*.

	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	
					<u>NOW</u> , at the end of this program	<u>BEFORE</u> this program
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 scores for **NOW** and **BEFORE** this program. To do this, compute the mean of the scores in each column (add all scores and divide by six).

NOW: _____ **BEFORE:** _____