

## **Activity: CM03**

***Rate your team on a scale of 1 (strongly disagree) to 7 (strongly agree) for the following:***

1. If I make a mistake on my team, it is often held against me.
2. Members of my team are able to bring up problems and tough issues.
3. It is safe to take a risk on this team.
4. It is difficult to ask other members of this team for help.
5. Working with members of this team, my unique skills and talents are valued and utilized.

To assess psychological safety, **add** up your assessment from **questions 2, 3, and 5** for a subtotal. Then **subtract** your assessment on **question 1** from 8 and your assessment on **question 4** from 8. Add both of those numbers to the subtotal to get your final score.

- A. 0 to 15 means your team is very low on psychological safety.
- B. 16 to 30 means your team has some psychological safety but could improve.
- C. More than 30 means your team has a good amount of psychological safety.