

# What is Your Cultural Wellness?

*Cultural wellness involves suspending judgment of others and striving to understand and appreciate differences and similarities among people regardless of cultures, ethnicity, backgrounds, upbringings, abilities, faiths, gender, age, sexual orientation, etc.*

Read each statement carefully and respond honestly by using the following scoring:

**Almost always = 2 points**

**Sometimes/occasionally = 1 point**

**Very seldom = 0 points**

- \_\_\_\_\_ 1. I am interested in others, including those from different backgrounds than my own.
- \_\_\_\_\_ 2. I exhibit fairness and justice in dealing with people, no matter their background.
- \_\_\_\_\_ 3. I am able to communicate with and get along with a wide variety of people.
- \_\_\_\_\_ 4. I am tolerant of and try to learn about others' beliefs and values.
- \_\_\_\_\_ 5. I try to use a multi-cultural way of thinking rather than dualistic thinking.
- \_\_\_\_\_ 6. I keep an open mind and try to eliminate assumptions or stereotypes when I meet someone from a different culture or background.
- \_\_\_\_\_ 7. I am familiar with my own ethnic background and ask my family members about my family history.
- \_\_\_\_\_ 8. I treat people as I would like to be treated.
- \_\_\_\_\_ **Total for Cultural Wellness**

SCORE	MEANING
<b>12 to 16 Points</b>	Excellent strength in this dimension.
<b>7 to 11 Points</b>	There is room for improvement. Look again at the items in which you scored 1 or 0. What changes can you make to improve your score?
<b>0 to 6 Points</b>	This dimension needs a lot of work. Look again at this dimension and challenge yourself to begin making small steps toward growth here. Remember: The goal is balanced wellness.