



Donia Fahim

Education & Therapeutic Spaces Ltd.

## **SELF ASSESSMENT RATING SCALE**

BODY LANGUAGE







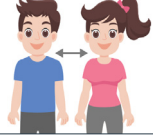




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# BODY LANGUAGE RATING SCALE



Name .....

Date .....

What are you like at the following?	With Familiar People		
	 I'm good at this	 I'm ok at this	 I would like to work on this
<b>1</b> Eye contact Turning towards the speaker/listener 			
<b>2</b> Facial expressions 			
<b>3</b> Gestures 			
<b>4</b> Distance 			
<b>5</b> Touch 			
<b>6</b> Fidgeting 			
<b>7</b> Posture 			
<b>8</b> Personal appearance 			

Any other comments you would like to make about your body language?