

CTPM Leadership Evaluation – Readiness Scale

Part One:

Using the following scale, circle the number that describes how often you experience these symptoms over the last 2-3 months:

- 1 –multiple times in a day
- 2 –1-2x a day
- 3 –weekly
- 4 –1-2x/month
- 5- not in the past 3 months

1. Feeling on high alert & constantly on guard
1 2 3 4 5
2. Nightmares about the abuse
1 2 3 4 5
3. Feeling numb or inability to feel pleasure in life
1 2 3 4 5
4. Feeling emotionally cut off from others
1 2 3 4 5
5. Flashbacks or panic attacks from triggers
1 2 3 4 5
6. Difficulty focusing on work or school
1 2 3 4 5
7. Feeling irritable or angry from little things
1 2 3 4 5
8. Feeling ashamed for what happened to you
1 2 3 4 5
9. Blaming yourself for failing to prevent the abuse
1 2 3 4 5
10. Strongly desiring to be in another relationship
1 2 3 4 5
11. Feeling jumpy or easily startled
1 2 3 4 5
12. Difficulty sleeping or feeling unrested
1 2 3 4 5
13. You still see yourself as a victim
1 2 3 4 5
14. Struggling to make decisions

1 2 3 4 5

15. Feeling overwhelming sadness
1 2 3 4 5

16. Regretting past decisions (if only I had..)
1 2 3 4 5

17. Feeling easily offended and overly defensive
1 2 3 4 5

18. Feeling like you're surrounded by idiots; no one can do anything right except you
1 2 3 4 5

19. Feeling hopeless or your faith feels lost
1 2 3 4 5

- After rating yourself take a moment to reflect. Judging by your answers, what does this tell you about your readiness to lead a group?

- How do you think you would feel hearing and responding to other women's stories of abuse?

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Part Two:

- 1 –Usually
- 2 –Most of the time
- 3 –About half the time
- 4 – Occasionally
- 5- Never

I sleep well at night and feel rested in the morning.
1 2 3 4 5

When strong emotions surface, I am able to manage my emotions and triggers with coping tools.
1 2 3 4 5

When my ex messages me, I am able to reply in a calm way without feeling panicked.
1 2 3 4 5

I feel confident with my career and future growth
1 2 3 4 5

I am actively involved in my faith community.
1 2 3 4 5

I have healthy friends I can count on to support me.
1 2 3 4 5

*How would you react when a woman in the group starts sharing a detailed account of a brutal beating she endured?

*List or describe some grounding techniques you would use for yourself or teach to group members.

*Who is your personal support system?

*Why do you want to be a support group leader with CTPM?

*Have you read and do you agree with the group's ground rules?

*What would you do if a group member told you afterwards that they were triggered by something they heard during the group?