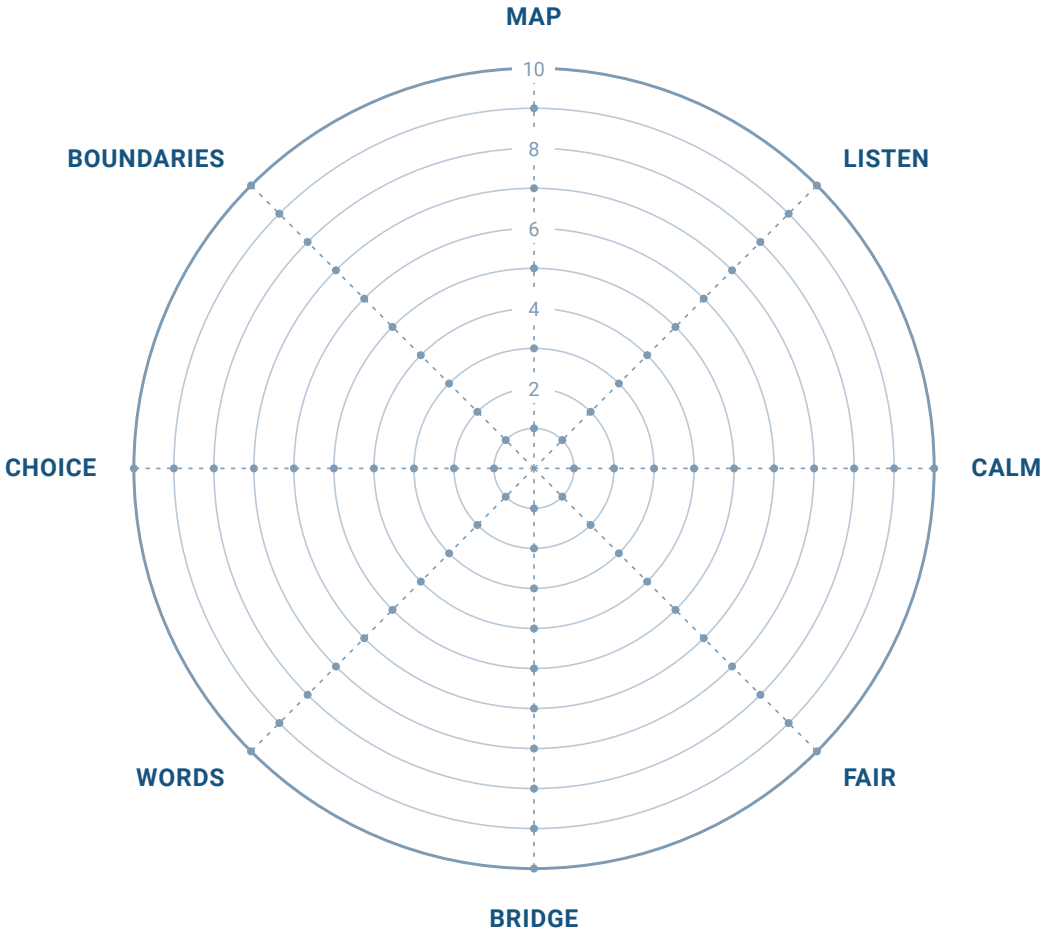
Skills Spider Chart

Complete the spider chart to see where you stand right now. Go through the eight skills and, for each one, choose a score from 1 to 10 that shows how well you do it. Be honest with yourself and answer based on your real experience right now.

1 = I don't know this skill yet or don't use it	**5 =** I can do it sometimes	**10 =** I can do it confidently in real situations



What each skill means

MAP	I know the basic steps of mediation and what comes next.
LISTEN	I can listen and then say the main points in my own words.
CALM	I can slow down when emotions become strong, mine or other people's.
FAIR	I can stay neutral and not take sides, even when I like one person more.
BRIDGE	I can ask respectful questions when people have different cultures or habits.
WORDS	I can use language that explains the problem without blaming or insulting.
CHOICE	I can choose mediation or another option, depending on what is safe and needed.
BOUNDARIES	I notice red flags and know when to stop.

Which skill I want to improve first and why

Name: _____ Date: _____

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