

## **The Cultural Humility Scale – Short Form**

**Instructions:** Please think about your counselor. Using the scale below, please indicate the extent to which you agree or disagree with the following statements about your counselor.

- 1 = Strongly Disagree
  - 2 = Mildly Disagree
  - 3 = Neutral
  - 4 = Mildly Agree
  - 5 = Strongly Agree
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### **Regarding the core aspects of my cultural background, my counselor...**

- 1. Is considerate
  - 2. Is open to see things from my perspective.
  - 3. Is open-minded
  - 4. Acts superior.
  - 5. Makes assumptions about me.
  - 6. Thinks they understand more than they actually do.
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**Note:** Items 1, 2, 3 assess Positive Cultural Humility; Items 4, 5, 6 assess Negative Cultural Humility.

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