

# Questions for Periodic SEA Group Assessment

This assessment of your SEA Group is designed to help you:

- Examine your own SEA Group participation;
- Gauge the quality of interaction among SEA Group members;
- Monitor the effectiveness of your SEA Group experience; and
- Discover areas of growth for you and the Sea Group.

## I. Assessing Myself

a. My feelings about my participation in the SEA Group

I feel at ease in the group I feel uncomfortable in the group  
 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5

Please be prepared to talk about your assessment. What specifically makes you feel at ease and/or uncomfortable in the group? Here are some ideas to prompt your thinking (you may indicate any that apply):

I'm at ease because ...	I'm uncomfortable because ...
"I feel welcome and included in the group."	"I feel left out in the group."
"I feel accepted as I am."	"I'm not sure I feel completely accepted by the group."
"I feel respected by group members."	"I wonder if group members respect me."

Thoughts to share with your SEA Group:

b. My level of participation in the SEA Group

My level of participation in the group is very high My level of participation in the group is very low  
 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5

Please be prepared to talk about your assessment. Why do you think your participation in the group is very high and/or very low? Here are some ideas to prompt your thinking (you may indicate any that apply):

<b>I participate because ...</b>	<b>I don't participate much because ...</b>
"I am very trusting."	"Sometimes I have a hard time trusting people."
"I can really empathize with people."	"Sometimes I have a hard time empathizing with people."
"I tend to accept others' ideas and opinions unconditionally."	"I sometimes find myself being critical of others' ideas and opinions."
"I willingly praise and compliment others."	"I have a hard time praising and complimenting others."
"I freely express warmth and affection."	"Sometimes it is hard for me to be warm and affectionate."
"I'm a great listener."	"I sometimes have trouble paying attention to what others are saying."
"I enjoy sharing my thoughts and ideas in a group."	"I find it difficult to express myself in a group setting."
"I take others' suggestions and comments seriously."	"I don't like it when other people make suggestions about what I should do."
"I'm flexible and open to change and growth."	"I like the way I am and don't see why I need to grow."

Thoughts to share with your SEA Group:

## II. Assessing My SEA Group

### a. How well the SEA Group works together

The group works quite well together

1

2

3

4

5

The group doesn't work together very well

Please be prepared to talk about your assessment. Why do you think the group is working well together and/or not working well together? Here are some ideas to prompt your thinking (you may indicate any that apply):

<b>The group works well because ...</b>	<b>The group does not work well because ...</b>
"Everyone participates equally."	"A few tend to dominate the group."
"We listen carefully and understand one another's ideas."	"We have a hard time with listening and sometimes fail to understand one another."
"We share, recognize, and accept one another's feelings."	"We're uncomfortable with feelings and often withhold and ignore them."

“We often affirm one another.”	“We’re more critical than affirming.”
“We are open and honest about ourselves.”	“We tend to wear masks, hiding our real selves.”
“We have a climate of mutual trust.”	We really don’t trust one another very much yet.”
“We support one another.”	“We tend to be more competitive than supportive.”
“We keep confidences.”	“We aren’t always willing to protect confidentiality.”
“We keep on track and remain focused on our task.”	“Our conversation often wanders, and we lose our focus on our task.”
“We use time wisely.”	“We waste time in our SEA Group.”

Thoughts to share with your SEA Group:

b. How well the SEA Group accomplishes its goal

Our SEA group accomplishes its goal	Our SEA Group does not accomplish its goal
1 _____ 2 _____ 3 _____	4 _____ 5 _____

Please be prepared to talk about your assessment. In what ways does our SEA Group accomplish and/or not accomplish its goal?

How much does our SEA Group help me provide quality leadership to my ChristCare Group in the following areas (rate only those areas that apply to you):

Leadership area	Rating from 1 to 5 with 1 being Very helpful and 5 being not very helpful
Community building	
Prayer and worship	
Biblical Equipping	
Missional Service	
Covenanting/Recovenanting	
Seeing that group members receive needed care	
Group growth	

Finding / working with an apprentice	
Leading my group into / through birthing	
Leading my group into / through closure	

Thoughts to share with your SEA Group:

**III. Where Do We Go from Here**

a. Identify one major area where our SEA Group needs to grow.

b. What might we do to help bring about that growth?

**IV. Optional: Comments about the mechanics of the SEA Group, such as date and times of meetings, frequency, location, structure, size, etc**

