

# Psychological Safety Quiz

**The questions below were developed to measure a team's level of psychological safety.**

Rate each statement and respond on a scale of Strongly Disagree to Strongly Agree by circling the number that coincides with your ranking.

Some items are reverse scored, so pay attention to the column header words instead of the numbers.

8 Statements to Answer		Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	
1	If you make a mistake on this team, it is often held against you.	5	4	3	2	1	
2	Members of this team are able to bring up problems and tough issues.	1	2	3	4	5	
3	People on this team sometimes reject others for being different.	5	4	3	2	1	
4	It is safe to take a risk on this team.	1	2	3	4	5	
5	It is difficult to ask other members of this team for help.	5	4	3	2	1	
6	No one on this team would deliberately act in a way that undermines my efforts.	1	2	3	4	5	
7	Working with members of this team, my unique skills and talents are valued and utilized.	1	2	3	4	5	
8	At work, my opinions seem to count.	1	2	3	4	5	
My Team's Total:							