



Upgrading Your Social Radar

Presented by Robert Crouse Therapy LLC.



Social Radar Scale Directions

Social Radar is at the heart of every relationship. It is the ability to see through social and racial myths and beliefs, accept and value people who are different from you, and understand and recognize subtle nuances between what other people are saying and what they are feeling.

The Social Radar Scale can help you identify how effective you are able to develop a rapport with people with whom you have a relationship. This scale contains 35 statements. Read each of the statements and decide if the statement is like you or not like you. In each of the choices listed, circle your response on the line to the right of each statement.

In the following example, the circle Like Me indicates that the statement describes the person taking the assessment:

SECTION 1: Valuing Diversity

I recognize the importance of diversity among people

like me

Not like me

This is not a test and there is no right or wrong answers. Do not spend too much time thinking about your answers. Your initial response will likely be the most true for you. This assessment is also designed to give you a picture of you right now in time. If there are questions that a part of you might say "sometimes this is like me and sometimes it is not" and you cannot decide put these words in front of the statement. "In this very moment . . ."

For example:

In this very moment I recognize the importance of diversity among people

like me

Not like me

(Turn to the next page and begin)

Social Radar Scale

1. I recognize the importance of diversity among people	1. Like me	Not like me
2. I am able to easily sense what other people are feeling	2. Like me	Not like me
3. I help the person to identify the feelings that are being experienced	3. Like me	Not like me
4. I value diversity as a valuable resource	4. Like me	Not like me
5. I sometimes know about events before they happen	5. Like me	Not like me
6. I am attuned to what the person may be only half saying	6. Like me	Not like me
7. I enjoy being with people who are different from me	7. Like me	Not like me
8. I sometimes am able to feel physical sensations that alert me when something is wrong	8. Like me	Not like me
9. I am attuned to what the person may be hinting at	9. Like me	Not like me
10. I am tolerant of differences in people	10. Like me	Not like me
11. I make many decisions based on hunches	11. Like me	Not like me
12. I am attuned to what the hidden message is behind what is said	12. Like me	Not like me
13. I work well with people who are different from me	13. Like me	Not like me
14. I am aware of times when my intuition speaks to me	14. Like me	Not like me
15. I usually attempt to read the intensity of the other person's emotions	15. Like me	Not like me
16. I enjoy helping people who are different from me	16. Like me	Not like me
17. I am sometimes able to predict what will happen in the future	17. Like me	Not like me
18. I am aware of the person's body language	18. Like me	Not like me
19. I am proud of my historical and cultural heritage	19. Like me	Not like me
20. I often receive intuitive information through physical sensations such as a knot in my stomach or the hair standing up on my neck	20. Like me	Not like me
21. I am aware of my own bodily reactions during the conversation		
22. I work constantly to reduce my prejudices when interacting with people different from me	21. Like me	Not like me
	22. Like me	Not like me
23. I often know things but do not know how I know them		
24. I often help people tell their stories	23. Like me	Not like me
25. I rarely stereotype other people or cultures	24. Like me	Not like me
26. I often receive sudden flashes of insight (aha moments)	25. Like me	Not like me
27. I bond very quickly with most people	26. Like me	Not like me
28. I believe that diversity is necessary in life	27. Like me	Not like me
29. I get hunches about things that are happening in my life	28. Like me	Not like me
30. I am good at sensing other people's perspective	29. Like me	Not like me
31. I can work with people different from me to achieve mutual goals	30. Like me	Not like me
32. I often feel a sudden rush of understanding	31. Like me	Not like me
33. I often paraphrase back to the person what I heard		
34. I believe in the equal worth of all people	32. Like me	Not like me
35. I often feel like I have done something before	33. Like me	Not like me
36. I can experience the person's world as if I were the other person	34. Like me	Not like me
	35. Like me	Not like me

Social Radar Scale Scoring Directions

The Social Radar Scale is designed to measure your capacity to understand what is happening in you relationships and then help you to respond to that understanding in a personal and socially-effective manner. People who possess this social radar know how to value diversity, are intuitive, and show a great deal of empathy.

These characteristics are prominent and make up the three scales for the assessment. To score the assessment:

1. In the chart below mark an **X** in all of the boxes that that your response was **Like Me** that corresponds with the numbered question.
2. Add the total number of X's in each column
3. Then, transfer your totals for each of the three columns to the corresponding lines.
4. Total all three sections.

Column I	Column II	Column III
1	2	3
4	5	6
7	8	9
10	11	12
13	14	15
16	17	18
19	20	21
22	23	24
25	26	27
28	29	30
31	32	33
34	35	36

 Total Total Total

Column I: Valuing Diversity Total = _____
 Column II: Intuitiveness Total = _____
 Column III: Empathy Total = _____

 Columns I, II and III TOTAL = _____

Social Radar Scale Profile Interpretation

Individual Scale's Score	Total Score All 3 Scales	Results	Indications
9 – 12	25 – 36	High	You have the beliefs and behaviors of someone who has a great deal of social radar. You are able to work and live effectively with people who are different from you, you have developed your intuitive powers and you show a great deal of empathy for other people
4 – 8	13 – 24	Moderate	You have developed some of the beliefs and behaviors of someone who has a great deal of social radar. You are able to work and live effectively with people who are different from you, you have developed some intuitive powers and you show empathy for other people. You still have a little work to do.
0 – 3	0 - 12	Low	You do not have the beliefs and behaviors of someone who has social radar. You possibly are not able to work and live effectively with people who are different from you, you probably have not developed you intuitive powers and you might not show much empathy for other people. You need to work to develop skills to be more effective in you interpersonal relationships.

For scales which you scored in the Moderate or Low range, find the description to the pages that follow. Read the description and complete the exercises that are included. No matter how you scored, low, moderate or high, you will benefit from with training.

Social Radar Scale Descriptions

Scale I: VALUING DIVERSITY

People scoring High on this scale understand the importance of living, and working with a variety of different people. They value diversity as a resource and enjoy the benefits that diversity brings. When communicating with other people, they are tolerant of differences in people and can work cooperatively with people from diverse backgrounds. They are proud of their cultural backgrounds and enjoy the pride others show in their cultural background. They work to reduce any prejudices they have and tend not to stereotype people from other cultures. They truly believe that all people are equal.

Scale II: INTUITIVENESS

People scoring High on this scale tend to be very intuitive about things and people. When communicating with other people, they can very easily sense what people are feeling and will use these insights to quickly and easily develop rapport. They often feel sudden flashes of understanding and use these flashes to enhance their ability to communicate with other people. They know things without having to think about them.

Scale III: EMPATHY

People scoring High on this scale are uniquely attuned to other people. They can easily understand what people are feeling, and the intensity of those feelings. When communicating with other people, they bond very quickly and easily. They are attuned to the hidden messages behind what people are saying, and can easily put themselves into the shoes of others. They can easily read between the lines of a normal conversation. They can sense the perspective of others and can experience their world as if they were that person.

People with high social radar are socially intelligent and tend to have effective interpersonal relationships. They tend to quickly and easily understand what other people are trying to say, are very intuitive and good at reading between the lines of a conversation, and have developed genuine feeling of compassion and regard for their fellow human beings.

Regardless of your scores on the assessment, you can increase your social radar by completing a exercises in the training.