

Self-Assessment Worksheet

Emotional Strengths and Weaknesses

1. On a scale of 1 to 10, how do you feel about leading? 1 = you don't like it and try to avoid it
10 = you love leading and try to avoid top roping

1 2 3 4 5 6 7 8 9 10

2. Is leading second nature to you or do your palms sweat at the mere idea of tying into the sharp end? Why do you feel the way you do about leading? Have there been specific experiences that led you to feel as you do?

3. How far above your last piece of protection are you comfortable climbing?

4. How far above your last protection point do you start wanting another clip? How does the difficulty of the climbing affect your comfort level?

5. Do you fear possible falls? If so, is there something specific you are afraid of or is this a generalized fear?

6. Do you fear the possible injuries you could sustain from falling? (This is a different question from #5; some climbers simply fear the drop but not the consequences.)