

**Hooks, Davis, Owen, Worthington, Utsey (2013)**  
**Cultural Humility Scale (CHS)**

DIRECTIONS: There are several different aspects of one’s cultural background that may be important to a person, including (but not limited to) race, ethnicity, nationality, gender, age, sexual orientation, religion, disability, socioeconomic status, and size. Some things may be more central or important to one’s identity as a person, whereas other things may be less central or important.

Please identify the aspect of your cultural background that is most central or important to you:

\_\_\_\_\_

How important is this aspect of your cultural background?

Not at all important		Somewhat important		Very important
1	2	3	4	5

If there is a 2nd aspect of your cultural background that is important to you, please list:

\_\_\_\_\_

How important is this aspect of your cultural background?

Not at all important		Somewhat important		Very important
1	2	3	4	5

If there is a 3rd aspect of your cultural background that is important to you, please list:

\_\_\_\_\_

How important is this aspect of your cultural background?

Not at all important		Somewhat important		Very important
1	2	3	4	5

*(Appendices continue)*

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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.

Regarding the core aspect(s) of my cultural background, my counselor...	Strongly Disagree (1)	Mildly Disagree (2)	Neutral (3)	Mildly Agree (4)	Strongly Agree (5)
1. Is respectful.	1	2	3	4	5
2. Is open to explore.	1	2	3	4	5
3. Assumes he/she already knows a lot.	1	2	3	4	5
4. Is considerate.	1	2	3	4	5
5. Is genuinely interested in learning more.	1	2	3	4	5
6. Acts superior.	1	2	3	4	5
7. Is open to seeing things from my perspective.	1	2	3	4	5
8. Makes assumptions about me.	1	2	3	4	5
9. Is open-minded.	1	2	3	4	5
10. Is a know-it-all.	1	2	3	4	5
11. Thinks he/she understands more than he/she actually does.	1	2	3	4	5
12. Asks questions when he/she is uncertain.	1	2	3	4	5

**Positive subscale items:** 1, 2, 4, 5, 7, 9, 12

**Negative subscale items:** 3, 6, 8, 10, 11

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