

ExecuProv

WIT'S END Confidential Questionnaire

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: (W) _____ Fax: _____
(H) _____ E-mail: _____

1) The people who have me at my wit's end on a regular basis include the following:

Check all that apply.

- | | |
|---|--|
| <input type="checkbox"/> my boss (s) | <input type="checkbox"/> my client (s) |
| <input type="checkbox"/> my subordinate (s) | <input type="checkbox"/> my supplier (s) |
| <input type="checkbox"/> my co-worker (s) | <input type="checkbox"/> other (please describe) _____ |
-

2) When I reach my wit's end, I typically do one *or more* of the following:

- withdraw or shut down
- fume beneath the surface
- project a bad attitude
- confront the person
- let my frustration or hurt show
- blow up
- breakdown completely
- handle the person positively

3) On a scale from one to ten, please list at what level you feel you are intimidated or controlled by the person who has you at your wit's end?: _____

4) Without naming names, please write a short profile of the person or persons who have you at your wit's end and what they do to get you to that point?: _____

5) How many times a day do you interact with this person or persons?: _____

6) Under what circumstances are these interactions (i.e., on the phone, during meetings with others, one-on-one, through e-mails or other written communication, etc.)?: _____

7) What have you attempted to do—or what steps have you taken to date to handle your wit's end problem with this person or persons?: _____

8) When at your wit's end, describe how you wish you could or would have handled the person (s) and the situation?: _____

9) During class we will have time for each student to work on specific "wit's end" situations. Please list two "scenarios" you would like to handle during class?: _____

10) What would you like to learn and gain most from taking this class?: _____

11) Please list any information you think would be helpful in maximizing your class experience: _____