The *Meanwhile* Assessment Questionnaire

MAQ • Chapter-by-Chapter Self-Assessment

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Name (Optional): _____ **Date** (Optional): _____

The MAQ explores ten capacities for noticing and consciously participating in the ripples moving through your life. It is a tool for your own reflection, not a test to pass.

Respond based on how you have actually behaved during the past six months, rather than how you think you should behave.

How to Complete the MAQ

You may choose to complete the entire assessment at once or complete each section before or after reading its corresponding chapter. The main purpose is to give you a snapshot of where you are today, rather than suggesting that your score is a permanent indicator of who you are.

Each statement is followed by four response options indicating how frequently you currently demonstrate the behavior described:

1 Rarely 2 Sometimes 3 Often 4 Almost Always

As you proceed through the questions, place a ***check mark*** or ***X*** next to the number that best describes your current pattern. After answering the four questions in each chapter's section, add the four numbers corresponding to your answers. Then read the description that matches your total score.

Each chapter's possible scores range from 4 to 16. Higher scores indicate that you currently experience or demonstrate the capacity described more frequently. The score descriptions are invitations to reflect, not diagnoses or grades. Your answers may change as your awareness increases or your circumstances change.

When you've completed all ten sections, transfer each chapter's score to the final *MAQ Assessment* section at the end of the assessment. There, you can explore your overall results, gain additional insight into your current patterns, and consider possible steps for the future.

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Chapter One: Ripple Awareness

1. After an event or situation appears to be over, I notice ways it may still be affecting people. ○1 ○2 ○3 ○4

2. I pay attention to the influence of small remarks, gestures and decisions —not only major actions. ○1 ○2 ○3 ○4

3. I remain curious about what may continue unfolding after an immediate result becomes visible. ○1 ○2 ○3 ○4

4. I recognize that something happening now began with an event or situation others might have forgotten. ○1 ○2 ○3 ○4

Your chapter score

Add your four responses: _____ + _____ + _____ + _____ = _____

Find your score range below and read the corresponding reflection.

4–8 | The Visible Result

You tend to focus on what happened and the result you can see. Once an event, conversation or decision appears to be over, your attention usually moves to whatever comes next. This is entirely natural; most of life encourages us to evaluate immediate outcomes. The invitation here is simply to become curious about what may still be moving after everyone else has stopped watching.

What may still be happening in a situation you have already decided is over?

9–12 | The Widening View

You often sense that events continue beyond their apparent endings, although you may not consistently follow where they lead. You notice some delayed consequences, changing interpretations and effects on other people, particularly when the stakes are high. Your opportunity is to run the ripple more deliberately—not to predict everything, but to widen the frame and notice what else may have been set in motion.

Where might you look beyond the immediate result to see what is continuing?

13–16 | The Living Ripple

You readily perceive that actions, words and decisions continue traveling after their immediate result is known. You naturally wonder who else may be affected, what may develop later and how one event becomes the beginning of another. The caution is not to assume you can foresee the entire ripple. Awareness expands the view; it does not confer control over where the story will go.

What might become visible if you followed one recent ripple farther than usual?

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Chapter Two: Consequence Foresight

5. Before making an important decision, I consider who else may eventually be affected. ○1 ○2 ○3 ○4

6. I can imagine second- and third-order consequences beyond the result I want. ○1 ○2 ○3 ○4

7. Even under time pressure, I consider what my response might set in motion beyond the immediate problem. ○1 ○2 ○3 ○4

8. I ask, “What might this set in motion?” before I act. ○1 ○2 ○3 ○4

Your chapter score

Add your four responses: _____ + _____ + _____ + _____ = _____

Find your score range below and read the corresponding reflection.

4–8 | The Immediate Horizon

You generally make decisions by concentrating on the need, opportunity or desired result directly in front of you. This can help you act decisively, but it may leave less room to consider what the decision could make easier, harder or more likely later. The invitation is not to predict every consequence. It is to pause long enough to look one or two steps beyond the outcome you want now.

What might your next decision set in motion beyond its immediate result?

9–12 | Looking Downstream

You frequently consider what may follow from a choice, especially when the consequences seem important or foreseeable. At other times, urgency or enthusiasm may narrow your attention to the result you want most. You are developing the habit of looking downstream while recognizing that consequences can spread in several directions at once.

Who or what might be affected later by the choice you are making now?

13–16 | Running the Ripple

You naturally look beyond an immediate outcome and consider how a decision may affect people, relationships and future possibilities. This gives you a wider basis for choosing, but foresight can become hesitation if you feel responsible for anticipating everything. The purpose of running the ripple is not certainty. It is to make a more conscious choice with the view currently available.

How far forward is useful to look before it is time to choose?

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Chapter Three: Source Awareness

9. I notice when an old experience may be shaping my present response.	○1 ○2 ○3 ○4
10. I can distinguish between a conclusion I reached myself and one I absorbed from family, culture or an authority figure or source.	○1 ○2 ○3 ○4
11. When I have a strong emotional reaction, I become curious about where some of its intensity may have come from.	○1 ○2 ○3 ○4
12. I recognize that my feelings in the present may be influenced by experiences from my past.	○1 ○2 ○3 ○4

Your chapter score

Add your four responses: _____ + _____ + _____ + _____ = _____

Find your score range below and read the corresponding reflection.

4–8 | The Presenting Moment

Your attention tends to settle on what is happening now rather than on the influences that may have helped produce it. A reaction, habit or assumption can therefore feel entirely self-generated, even when it has traveled through families, workplaces, cultures or earlier experiences. The invitation is not to explain everything through the past, but to become curious about what may have arrived with you.

What are you carrying that may have begun somewhere else?

9–12 | Tracing the Thread

You sometimes recognize that present behavior has a history. You can identify certain inherited beliefs, familiar patterns and influential experiences, although they may become visible only after something triggers them. Tracing the ripple backward can help you understand what is moving you without turning the source into a permanent explanation or excuse.

Where might one of your recurring responses have learned its lines?

13–16 | Seeing What Arrived

You readily notice that ideas, emotions and patterns often reach us through other people and earlier experiences. You can honor their origins without assuming that history must dictate what happens next. The caution is to avoid tracing every response so far backward that the search for its source replaces participation in the present.

Which influence from your past deserves to be examined before you send it forward?

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Chapter Four: Responsive Pause

13. I can notice an emotional or physical reaction before it becomes an action.	○1 ○2 ○3 ○4
14. During a tense exchange, I am capable of asking a genuine question before defending myself.	○1 ○2 ○3 ○4
15. When I feel criticized or embarrassed, I can pause before choosing how to respond.	○1 ○2 ○3 ○4
16. Something can reach me carrying anger, fear or cynicism without leaving me in the same form.	○1 ○2 ○3 ○4

Your chapter score

Add your four responses: _____ + _____ + _____ + _____ = _____

Find your score range below and read the corresponding reflection.

4–8 | Already in Motion

When something reaches you, your response often begins before you have consciously noticed it. Speed can be valuable, particularly when action is genuinely required, but it can also cause an inherited reaction or momentary emotion to make the choice for you. The invitation is to discover the small space between being affected and adding your response.

Where in your life would one additional breath create another possibility?

9–12 | Finding Meanwhile

You can sometimes catch yourself between stimulus and response, especially when you know the situation is sensitive. At other times, the pause appears only afterward, when you realize what you might have said or done differently. This awareness is already significant. Each time you notice the interval, Meanwhile . . . becomes easier to find.

What could help you recognize the pause while the choice is still yours?

13–16 | The Available Moment

You regularly create enough space to notice what is happening within you before responding. The pause allows curiosity and intuition to join your immediate reaction, giving you more than one possible way forward. The caution is not to turn the pause into avoidance. Its purpose is to make conscious participation possible, not to postpone every difficult response.

What becomes available when you pause without withdrawing?

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Chapter Five: Boundary Awareness

17. I remain aware that an apparent ending may also be the beginning of something else. ○1 ○2 ○3 ○4

18. I can see a current situation as one part of a longer story rather than as an isolated event. ○1 ○2 ○3 ○4

19. I remain open to reconsidering whether something was a success or failure as its effects continue to unfold. ○1 ○2 ○3 ○4

20. I can discover that what appeared to be the beginning of a story was something arriving from much earlier. ○1 ○2 ○3 ○4

Your chapter score

Add your four responses: _____ + _____ + _____ + _____ = _____

Find your score range below and read the corresponding reflection.

4–8 | The Apparent Ending

You are inclined to accept the visible boundaries around an event: the meeting ends, the decision is made, the work is delivered and attention moves elsewhere. Those boundaries are useful, but they can conceal what continues beyond them. The invitation is to notice that an ending may describe where your involvement stops without describing where the effects stop.

Where might an apparent ending be only the edge of your current view?

9–12 | Beyond the Frame

You often recognize that the official beginning and ending of an event do not contain everything that matters. You may notice consequences emerging beyond the meeting, transaction or conversation, although you do not always include them when evaluating what happened. Your awareness is moving from the defined event toward the larger territory surrounding it.

What changed after the part of the story everyone measured was complete?

13–16 | The Open Border

You readily look beyond declared beginnings and endings, noticing how events overlap with what came before and what follows. This helps you see the Fourth Act beyond the apparent boundaries of the event. The caution is to preserve useful boundaries even while recognizing their limits; not every story requires endless attention simply because its influence continues.

Which boundary helps organize the story without containing the whole of it?

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Chapter Six: Temporal Integration

21. I recognize that later events can change what an earlier experience means to me.	○1 ○2 ○3 ○4
22. I notice how the past remains active through habits, expectations, relationships and stories.	○1 ○2 ○3 ○4
23. I can leave the meaning of an experience partly open while its consequences continue to unfold.	○1 ○2 ○3 ○4
24. I recognize that the meaning of an event may continue to evolve long after the event itself has ended.	○1 ○2 ○3 ○4

Your chapter score

Add your four responses: _____ + _____ + _____ + _____ = _____

Find your score range below and read the corresponding reflection.

4–8 — A Settled Story

You tend to experience the past as established, the present as immediate and the future as something that has not yet begun. This provides a clear and practical sense of time, but it may obscure how later events can change the meaning of what came before. The invitation is to notice how past, present and future are continually entering one another.

What past event looks different because of something that happened later?

9–12 — Time in Conversation

You sometimes notice that an experience changes meaning as its story develops. A disappointment may become a turning point; an early success may reveal consequences that were invisible at the time. You are beginning to see that later chapters do not alter the facts, but they can alter the story those facts become part of.

What is happening now that may be quietly revising an earlier chapter?

13–16 — The Story Still Moving

You readily perceive that past, present and future participate in one developing story. You allow new information and later consequences to deepen or revise what an earlier event means without pretending the original experience was different. The caution is to let meaning evolve without constantly rewriting the past to fit whatever you believe today.

What might the unfinished future still reveal about the story you are living now?

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Chapter Seven: Outcome Humility

25. When something succeeds, I remain curious about costs or consequences the visible result may conceal.	○1 ○2 ○3 ○4
26. When something fails, I look for positives it may also have begun.	○1 ○2 ○3 ○4
27. Even when the numbers confirm the result I wanted, I remain curious about consequences they may not reveal.	○1 ○2 ○3 ○4
28. I am willing to revise my judgment of a past decision when new consequences appear.	○1 ○2 ○3 ○4

Your chapter score

Add your four responses: _____ + _____ + _____ + _____ = _____

Find your score range below and read the corresponding reflection.

4–8 | The Measured Result

You tend to evaluate success by the results that can be seen, counted or confirmed. Clear measures are useful and often necessary, but they can draw attention away from effects appearing elsewhere or later. The invitation is to ask whether a successful result may be accompanied by consequences the measurement was never designed to notice.

What might your preferred measure be leaving outside the frame?

9–12 | Moving the Camera

You often look beyond the headline result and recognize that success from one position may appear differently from another. You are alert to unintended consequences, although a strong result or persuasive number can still narrow the frame. Moving the camera allows you to study what happened without automatically dismissing either the achievement or its hidden costs.

Where could you move the camera to see more of what your result created?

13–16 | More Than the Numbers

You consistently question whether the visible outcome tells the whole story. You consider who benefited, who absorbed the cost and what patterns the result may reinforce. The caution is not to become suspicious of every success or paralyzed by consequences no one could reasonably anticipate. Humility keeps the inquiry open without making responsible action impossible.

What else deserves attention before you decide whether something truly worked?

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Chapter Eight: Authorship

29. I can take ownership of what happens next without blaming myself for everything that happened before. ○1 ○2 ○3 ○4

30. When I have been treated unfairly, I eventually turn my attention toward the next scene I can author. ○1 ○2 ○3 ○4

31. I can recognize when I am casting myself or others as Victim, Persecutor or Rescuer. ○1 ○2 ○3 ○4

32. When someone else creates a problem, I consider what I can do to help move the situation forward. ○1 ○2 ○3 ○4

Your chapter score

Add your four responses: _____ + _____ + _____ + _____ = _____

Find your score range below and read the corresponding reflection.

4–8 | Written by Circumstance

When something difficult reaches you, your attention may remain primarily on who caused it, what should not have happened or what another person needs to do next. Those questions can be legitimate, especially when harm or unfairness is real. The invitation is not to accept blame for what you did not create, but to recognize the moment when what happened becomes part of your story.

What part of this story is yours to write now?

9–12 | Reclaiming the Pen

You can often distinguish between what happened to you and what you choose to do with it. Under pressure, however, you may still find yourself cast as victim, persecutor or rescuer, allowing the role to supply the next line. You are learning that ownership is not control over the whole story. It is authorship of the part passing through your hands.

What could you author without needing anyone else to change first?

13–16 | Writing What Is Yours

You readily take ownership of your response without assuming responsibility for everything that happened. You understand that what reaches you does not have to leave unchanged, and you consciously decide what to strengthen, soften, interrupt or send in a new direction. The caution is to remember that authorship does not make you the author of everyone else's story.

What do you want to add before this moment passes into other hands?

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Chapter Nine: Relinquishment

33. I can let other people adapt an idea I began without insisting that they preserve my version. ○1 ○2 ○3 ○4

34. I can feel satisfaction when something useful continues without my involvement or recognition. ○1 ○2 ○3 ○4

35. I can allow others to change or adapt something I created without needing to reclaim control. ○1 ○2 ○3 ○4

36. I try to create practices, relationships or ideas that can continue without requiring me to remain at the center. ○1 ○2 ○3 ○4

Your chapter score

Add your four responses: _____ + _____ + _____ + _____ = _____

Find your score range below and read the corresponding reflection.

4–8 | Holding the Pen

You may find it difficult to release an idea, project or contribution once it begins moving beyond you. Continued involvement can feel like responsibility, especially when you care deeply about the outcome. The invitation is to notice when guidance has become control and when the next development requires space that only your absence—or reduced involvement—can provide.

What might be ready to continue without your supervision?

9–12 | Loosening Your Grip

You can allow other people to adapt and extend what you began, although you may still feel uneasy when their choices differ from yours. You recognize that an idea can grow through new participation, but part of you still wants to protect the original intention. Relinquishment does not require indifference; it asks whether continued control is serving the work or merely reassuring its author.

Where could less control allow more life to enter what you created?

13–16 | Letting the Story Travel

You are generally able to contribute fully and then allow the work, idea or moment to enter lives you cannot direct. You understand that changing hands is often how a ripple acquires reach and meaning. The caution is not to surrender prematurely or call disengagement relinquishment. Letting go becomes powerful after you have written what is genuinely yours.

How will you recognize when it is time to let go of the pen?

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Chapter Ten: Perspective Agility

37. I can distinguish what happened from the interpretation I placed on what happened. ○1 ○2 ○3 ○4

38. Before becoming certain about another person's motives, I ask what they may be seeing from where they stand. ○1 ○2 ○3 ○4

39. Even under stress, I remain open to interpretations beyond my first impression. ○1 ○2 ○3 ○4

40. I can deliberately move the camera, consider another point of view and allow that new perspective to change my response. ○1 ○2 ○3 ○4

Your chapter score

Add your four responses: _____ + _____ + _____ + _____ = _____

Find your score range below and read the corresponding reflection.

4–8 | The View from Here

Your first interpretation often feels like a direct reading of what happened rather than one possible view of it. This can bring clarity and confidence, but it may also make another perspective seem mistaken before it has been explored. The invitation is not to distrust your judgment. It is to remember that every view begins somewhere.

What are you seeing—and what might your present position prevent you from seeing?

9–12 | Moving to Another Window

You are often willing to consider another interpretation, particularly when someone offers information you did not have. In emotionally charged situations, however, you may still defend your first view before exploring what else could be true. Perspective agility develops when curiosity arrives early enough to influence the next question, action or response.

What might change if you moved a few feet before deciding what this means?

13–16 | Seeing More of the Elephant

You readily recognize the difference between an event and your interpretation of it. You can move among perspectives without assuming that every interpretation is equally accurate or abandoning your own judgment. The caution is not to make endless openness a substitute for choosing. A wider view exists to inform participation, not to prevent it.

What will you do next, now that you can see more than one possible view?

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Your Overall MAQ Self-Assessment

Transfer each chapter score below. Add the ten chapter scores for your overall total (40–160).

Chapter	Capacity	Score (4–16)
1	Ripple Awareness	_____
2	Consequence Foresight	_____
3	Source Awareness	_____
4	Responsive Pause	_____
5	Boundary Awareness	_____
6	Temporal Integration	_____
7	Outcome Humility	_____
8	Authorship	_____
9	Relinquishment	_____
10	Perspective Agility	_____

OVERALL TOTAL: _____

Compare your total with the three broad descriptions below. The ten individual chapter scores may tell you more than the overall number alone.

40–80 | Emerging Awareness

Your responses suggest that your attention generally rests on what is happening now and on results you can readily see. Influences from the past, consequences extending into the future and perspectives beyond your own may become visible mainly in hindsight. This is not a deficiency; it is where most of us begin.

Your opportunity is to pause occasionally, widen the frame and become curious about what has reached you, what may still be unfolding and what your next response might set in motion.

81–120 | Developing Awareness

You frequently recognize that moments extend beyond their apparent boundaries. You can trace some influences backward, imagine consequences moving forward and pause before reacting, although urgency, emotion or attachment to an outcome may narrow your view. Meanwhile awareness is active but not equally available in every situation.

Notice which capacities come naturally and which tend to disappear under pressure; those differences may reveal your most useful opportunities for growth.

121–160 | Established Awareness

You consistently notice that experiences arrive carrying earlier influences and continue beyond the results you can see. You are generally able to pause, consider other perspectives, take ownership of what is yours and release some control over what happens next.

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Your opportunity is not to predict every ripple or become responsible for every consequence. It is to remain humble about what you cannot see, continue participating fully and allow other people and future events to help author what your influence becomes.

Reflection Questions

These questions are not scored. They help connect your profile to your lived experience.

1. What reached you recently and left differently because it passed through you?

_____

2. Think of a current problem. Where does your attention tend to stop?

_____

3. What assumption, habit or story from the past may be moving you now?

_____

4. What have you created that you may be holding too tightly?

_____

5. If you moved the camera a few feet, what else might become visible?

_____

6. What will you do next?

_____

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