

Start · Stop · Continue — Pre / Post Answer Sheet

Answer twice: once before the activity (about your own week), once after the debrief (about this session). Circle one number per row.

Report team-level deltas across cycles only. Never rank teams — the retro measures the team's honesty habits, not facilitation quality. · scoring: sum · range [6, 30]

PRE — about my own last week

# / Statement	never 1	rarely 2	sometimes 3	often 4	always 5
1 · I say what is not working while it is still working-ish.	1	2	3	4	5
2 · I describe behaviors, not people, when something goes wrong.	1	2	3	4	5
3 · I soften feedback until it stops meaning anything. (reverse)	1	2	3	4	5
4 · Our action items survive the meeting they were born in.	1	2	3	4	5
5 · We tell each other what is working, not just what is broken.	1	2	3	4	5
6 · Retrospectives on this team change something.	1	2	3	4	5

POST — about the session we just ran

# / Statement	never 1	rarely 2	sometimes 3	often 4	always 5
1 · The STOP pile was honest — cards named real problems.	1	2	3	4	5
2 · Every card on the wall named a behavior — none named a person.	1	2	3	4	5
3 · Some cards were softened until they meant nothing — we caught them. (reverse)	1	2	3	4	5
4 · All three commitments passed the one-line test: auditable by anyone.	1	2	3	4	5
5 · The CONTINUE pile named things the team wants to protect.	1	2	3	4	5
6 · This retro ended with three commitments that will be audited.	1	2	3	4	5