

ASSERTIVENESS ASSESSMENT

Please answer the questions below objectively. They will help you to gain some insights about your current level of assertiveness. Assign a number to each item using the following scale:

ALWAYS

NEVER

5

4

3

2

1

-
- _____ 1. When someone asks me to do something I don't want to do, I say "no" without feeling guilty or anxious.
- _____ 2. I am comfortable when speaking to a large group of people.
- _____ 3. I confidently express my honest opinions to authority figures (such as my boss).
- _____ 4. When I experience powerful feelings (anger, frustration, disappointment, etc.) I verbalize them easily.
- _____ 5. When I express anger, I do so without blaming others for "making me mad."
- _____ 6. I am comfortable speaking up in a group situation.
- _____ 7. If I disagree with the majority opinion in a meeting, I can "stick to my guns" without feeling uncomfortable, or being abrasive.
- _____ 8. When I make a mistake, I will acknowledge it.
- _____ 9. I tell others when their behavior creates a problem for me.

ASSERTIVENESS ASSESSMENT – Cont.

- _____ 10. Meeting new people in social situations is something I do with ease and comfort.
- _____ 11. When discussing my beliefs, I do so without labeling the opinions of others as “crazy”, “stupid”, or “ridiculous.”
- _____ 12. I assume that most people are competent and trustworthy and do not have difficulty being assertive.
- _____ 13. When considering doing something I have never done, I feel confident I can learn to do it.
- _____ 14. I believe my needs are as important as those of others and I am entitled to have my needs satisfied.

TOTAL SCORE _____

If your score is **60** or higher, you have an assertive philosophy and probably handle most situations well.

If your score is **45 – 59**, you have a fairly assertive outlook. There are probably some situations in which you are naturally assertive and others where you may experience some difficulty.

If your total is **30 – 44**, you may be assertive in some situations but your natural response may be either non-assertive or aggressive.

If your total is **15 – 29**, you probably have considerable difficulty being assertive.