

ASSERTIVENESS QUIZ

Before learning how to develop your assertiveness, it is important for you to get an idea of where you are right now. Answer the questions below honestly. They will help you gain insight about your current level of assertiveness.

Assign a number to each item using this scale:

Never			Always		
1	2	3	4	5	

- ___ 1. I ask others to do things without feeling guilty or anxious.
- ___ 2. When someone asks me to do something I don't want to do, I say "no" without feeling guilty.
- ___ 3. I am comfortable when speaking to a large group of people.
- ___ 4. I confidently express my honest opinions to authority figures (such as my boss).
- ___ 5. I am comfortable speaking up in a group situation.
- ___ 6. Meeting new people in social situations is something I do with ease and comfort.
- ___ 7. I believe my needs are as important as those of others and I am entitled to have my needs satisfied.
- ___ 8. When considering doing something I have never done, I feel confident I can learn to do it.
- ___ 9. I tell others when their behavior creates a problem for me.
- ___ 10. If I disagree with the majority opinion in a meeting, I can "stick to my guns" without feeling uncomfortable or being abrasive.
- ___ 11. When I experience powerful feelings (anger, frustration, disappointment, etc.), I verbalize them easily.
- ___ 12. When I express anger, I do so without blaming others for "making me mad."
- ___ 13. When I make a mistake, I will acknowledge it.
- ___ 14. When discussing my beliefs, I do so without labeling the opinions of others as "crazy," "stupid," "ridiculous," "irrational."
- ___ 15. I assume that most people are competent and trustworthy and do not have difficulty delegating tasks to others.

_____ **Total Score**

Scale Summary

- 15 - Very passive
- Below 30 - Passive
- 45 - Moderately assertive. Would benefit from work on becoming more assertive.
- 60 - Assertive, with some room for growth
- 75 - Very Assertive