

## HOW ASSERTIVE ARE YOU?

*Read each of the following statements and choose a score that describes how you think and behave. Add up the total of your scores to gauge how assertive you are.*

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### SCORING

Always 4 • Usually 3 • Sometimes 2 • Never 1

- |    |  |     |    |   |                        |
|----|--|-----|----|---|------------------------|
| 1  | I feel comfortable speaking in front of a group.                           | ( ) | 11 | I can openly ask a friend for a favour.                                     | ( )                    |
| 2  | If I am annoyed, I can openly express my anger in front of other people.   | ( ) | 12 | When somebody criticizes me, I can talk about it and learn from it.         | ( )                    |
| 3  | I can admit that "I don't know", if I lack the appropriate knowledge.      | ( ) | 13 | I believe that I have the right to change my mind.                          | ( )                    |
| 4  | If I feel something must change, I push for it, even if others resist.     | ( ) | 14 | I make time to treat myself.  | ( )                    |
| 5  | I can tell a friend if he or she is doing something that bothers me.       | ( ) | 15 | I accept responsibility for myself and my mistakes and do not make excuses. | ( )                    |
| 6  | When I have done something well, I can accept a compliment graciously.     | ( ) | 16 | I give compliments and tell people if they have done something that I like. | ( )                    |
| 7  | I can initiate a conversation with a stranger.                             | ( ) | 17 | I can express my feelings for people close to me whom I like or love.       | ( )                    |
| 8  | I can say "no" and refuse a request if I do not want to do something.      | ( ) | 18 | I will acknowledge that I am scared or worried about something.             | ( )                    |
| 9  | I can touch a friend affectionately if I feel warm towards him or her.     | ( ) | 19 | I make my views known even if others do not always agree.                   | ( )                    |
| 10 | I will complain in a shop or restaurant if the service is not good enough. | ( ) | 20 | I can ask for and accept constructive criticism.                            | ( )                    |
|    |  |     |    |   | <b>TOTAL SCORE</b> ( ) |

## **INTERPRETATION**

### **Over 60      Good Assertiveness**

You appear to be assertive in the way you behave with others and express yourself well. However, you may feel more assertive in certain areas of your life than in others. Everyone can always improve assertiveness skills in different areas.

### **45 – 60      Moderate Assertiveness**

You have a mixed pattern of assertive and non-assertive behaviour. Identify areas of weakness. Do these involve the way you express your emotions or thoughts to those close to you or to strangers or authority figures?

### **Below 45      Poor Assertiveness**

You appear to be unassertive and would benefit from learning new techniques. Try and identify areas of weakness. Ask yourself whether you are usually passive, or if at times you tend to veer towards aggressive behaviour.