



Assertiveness Quiz

Assign a number to each item using this scale: Always 5 4 3 2 1 Never

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

Scoring

If your total is 60 or higher, you have a consistently assertive philosophy and probably handle most situations well.

If your total is 45 – 60, you have a fairly assertive outlook. There are some situations in which you may be naturally assertive, but you should be able to increase your assertiveness through practice.

If your total is 30 – 40, you seem to be assertive in some situations but your natural response is either non-assertive or aggressive. You may want to change some perceptions and practice new behaviors in order to handle things much more assertively in the future.

If your total is 15 – 30, you have considerable difficulty being assertive. You need to practice and allow yourself time to grow and change. You can become much m