

## AN ASSERTIVENESS QUIZ

Answer the questions below honestly. They will help you gain some insights about your current level of assertiveness.

Assign a number to each item using this scale.

ALWAYS

5

4

3

2

NEVER

1

	I ask others to do things without feeling guilty or anxious.
	When someone asks me to do something I don't want to do, I say "no" without feeling guilty or anxious.
	I am comfortable when speaking to a large group of people.
	I confidently express my honest opinions to authority figures (such as my boss).
	When I experience powerful feelings (anger, frustrations, disappointment, etc), I verbalise them easily.
	When I express anger, I do so without blaming others for "making me mad".
	I am comfortable when speaking up 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 will acknowledge it.
	I tell others when their behaviour 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 labelling the opinions of others as "crazy", "stupid", "ridiculous", "irrational".
	I assume that most people are competent and trustworthy and 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 Score (Sum of the 15 numbers)