

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**

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 more comfortable in situations where asserting yourself is important.