

# 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.

## Scoring

Always 4 ■ Usually 3 ■ Sometimes 2 ■ Never 1

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

## INTERPRETATION

### Over 60 Good Assertiveness

You appear to be assertive in the way you behave with others and express yourself very 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 behavior. 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. Ask yourself whether you are usually passive, or if at times you tend to veer toward aggressive behavior.

Please consult *Free Yourself from Harmful Stress* by Trevor Powell in the event that you score high on any assessment, in order to begin the necessary healing steps outlined in the publication.