## Assertiveness quiz

Please answer the questions honestly. This will help you gain insight about your current level of assertiveness.

Circle the score that best represents your views about how you would react in each of the situations:

Score 5 if this is always true of you

Score 4 if this is usually true of you

Score 3 if this is sometimes true of you

Score 2 if this is rarely true of you

Score 1 if this is never true of you

1. I ask others to do things without feeling guilty or anxious.

5 Always 4 Usually 3 Sometimes 2 Rarely 1 Never

2. When someone asks me to do something I do not want to do, I say “no” without feeling guilty or anxious.

5 Always 4 Usually 3 Sometimes 2 Rarely 1 Never

3. I am comfortable when speaking to a large group of people.

5 Always 4 Usually 3 Sometimes 2 Rarely 1 Never

4. I confidently express my honest opinions to authority figures.

5 Always 4 Usually 3 Sometimes 2 Rarely 1 Never

5. When I experience powerful feelings (anger, frustration, disappointment), I say them easily.

5 Always 4 Usually 3 Sometimes 2 Rarely 1 Never

6. When I express anger, I do so without blaming others for "making me mad".

5 Always 4 Usually 3 Sometimes 2 Rarely 1 Never

7. I am comfortable speaking up in a group.

5 Always 4 Usually 3 Sometimes 2 Rarely 1 Never

8. If I disagree with the majority opinion in a meeting, I can keep my opinion without feeling uncomfortable or being abrasive.

5 Always 4 Usually 3 Sometimes 2 Rarely 1 Never

9. When I make a mistake, I acknowledge it.

5 Always 4 Usually 3 Sometimes 2 Rarely 1 Never

10. I can tell others when their behaviour creates a problem for me.

5 Always 4 Usually 3 Sometimes 2 Rarely 1 Never

11. Meeting new people in social situations is something I do with ease and comfort.

5 Always 4 Usually 3 Sometimes 2 Rarely 1 Never

12. When discussing my beliefs, I do so without labelling the opinions of others as "stupid", "ridiculous" or irrational".

5 Always 4 Usually 3 Sometimes 2 Rarely 1 Never

13. I assume that most people can do things well and are trustworthy. I do not have difficulty delegating tasks to others.

5 Always 4 Usually 3 Sometimes 2 Rarely 1 Never

14. When considering doing something I have never done, I feel confident I can learn to do it.

5 Always 4 Usually 3 Sometimes 2 Rarely 1 Never

15. I believe my needs are as important as those of others and I am entitled to have my needs met.

5 Always 4 Usually 3 Sometimes 2 Rarely 1 Never

### Your total score:

### Quiz results: how assertive are you?

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

If your total is 45 to 60, you have a fairly assertive approach. There are some situations where you are naturally assertive. You should be able to increase your assertiveness through practice.

If you total is 30 to 45, you seem to be assertive in some situations, but your natural response is either aggressive or not assertive. You may want to think about changing how you behave and see how much better you feel.

If your total is 15 to 30, you have considerable difficulty being assertive. You need to allow yourself time to practise and develop your skills. You can become much more comfortable in situations where asserting yourself is important.