

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 1 Never	
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	
When I experience powerful feelings (anger, frustration, disappointment, etc.), I verbalise them easily	
When I express anger, I do so without blaming others for 'making me mad'	
I am comfortable speaking up in a group situation	
If I disagree with the majority opinion in a class, 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 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,' or '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	