

HOW ASSERTIVE ARE YOU?

1. Do you generally express what you feel?
2. Do you find it difficult to make decisions?
3. Are you openly critical of others' ideas, opinions, and behavior?
4. Do you often avoid people or situations for fear of embarrassment?
5. Do you usually have confidence in your own judgment?
6. Are you prone to "fly off the handle"?
7. Are you reluctant to speak up in a discussion or debate?
8. If a person borrows anything from you and does not return it within an appropriate length of time, do you mention it?
9. When a person is highly unfair, do you say so?
10. Are you disturbed if someone watches you at work?
11. Do you find it difficult to maintain eye contact when talking to another person?
12. Do you show your anger by name-calling or obscenities?
13. Do you try to be a wallflower or a piece of the furniture in situations in which you are uncomfortable, for example with a group of strangers?
14. Do you often step in and make decisions for others?
15. Are you able openly to express love and affection?
16. Are you able to tell friends and professional colleagues that you enjoy working with them?
17. Are you able to ask your friends and colleagues for small favors or help?
18. Do you think you always have the right answer?
19. When you differ with a person you respect, are you able to speak up for your own viewpoint?
20. Are you able to refuse unreasonable requests made by friends and business colleagues?
21. Do you have difficulty complimenting or praising others?
22. If someone smoking near you disturbs you, can you say so?
23. Do you shout or use bullying tactics to get others to do as you wish?
24. Do you finish other people's sentences for them?
25. When you meet a stranger, are you the first to introduce yourself and begin conversation?

Adapted from "Stand Up, Speak Out, Talk Back!" by Robert E Alberti, Ph.D. and Micheal L Emmons, Ph.D. (1975)G