

ASSERTIVENESS QUIZ

Answer the questions below honestly. Answer how you are now, not how you wish to be.

Assign a number to each item using this scale:

Always 5 4 3 2 1 Never

	I can return something I paid for that wasn't exactly what I wanted.
	When someone asks me to do something I don't want to do, I say "no" without feeling guilty or stressed.
	I am comfortable when speaking to a large group of people.
	I confidently express my honest opinions to teachers, coaches, police officers, etc.
	When I'm sad, frustrated, disappointed, etc., I can talk about these feelings easily.
	I can be angry, without blaming others for "making me mad."
	I am comfortable speaking up in a group situation.
	If I disagree with a group's opinion, I can share my own opinion without feeling uncomfortable or being rude.
	When I make a mistake, I own up to it.
	I can tell others when their behavior creates a problem for me.
	Meeting new people in social situations is something I do easily.
	When discussing my opinions, I listen openly to different opinions and don't say they are "crazy," "stupid," or "ridiculous."
	I am comfortable asking for help when I need it.
	When doing something I have never done, I feel confident I can learn to do it.
	I believe I am as important as others.
	Total Score

HOW ASSERTIVE ARE YOU?

If your total is **60 or higher**, you are consistently assertive and probably handle most situations well.

If your total is **45-60**, you are fairly assertive. 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 **30-45**, you seem to be assertive in some situations but you are naturally passive or aggressive. You may want to 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.