

## Assertiveness Questionnaire

Work through the questions, ticking the box next to the appropriate answer: either "Yes", "Maybe" or "No". **(The asterisks\* relate to the later Scoring)**. The Score box is left to fill in later.

*Answer as honestly as you can: there is no point in trying to "make yourself look good" - that would be counterproductive,*

### SCORING

Each question scores either one, half or zero points:

- If you checked Yes\* or No\* (ie with an \*) then allot one point,
- If you checked Maybe then allot *half a point*.
- If you checked Yes or No (ie without an \*) then allot *zero points*.

Enter each score in the Score box after each question above, then add up the total.

### ASSERTIVENESS

1. Would you rebuke a friend if you disapproved of his/her behaviour?  
Yes\*          Maybe          No          Score:\_\_\_
2. Do you try to get your own way regardless of opposition?  
Yes\*          Maybe          No          Score:\_\_\_
3. If someone went to the front of a queue out of turn, would you do something about it?  
Yes\*          Maybe          No          Score:\_\_\_
4. If somebody smoking nearby was annoying you, would you ask them to stop?  
Yes\*          Maybe          No          Score:\_\_\_
5. Do you believe that it is necessary to fight for your rights?  
Yes\*          Maybe          No          Score:\_\_\_
6. Do you express your opinions with a belief that you have a right to be heard?  
Yes\*          Maybe          No          Score:\_\_\_
7. Do you make a point of complaining if you are sold shoddy goods?  
Yes\*          Maybe          No          Score:\_\_\_
8. Do you think your views are not necessarily important?  
Yes          Maybe          No\*          Score:\_\_\_
9. Are you intimidated by people in authority?  
Yes          Maybe          No\*          Score:\_\_\_

10. As a child, did you usually do as you were told?

Yes            Maybe            No\*            Score:\_\_\_

11. If somebody in a theatre was wearing a hat that obscured your view would you put up with the situation rather than ask them to remove it?

Yes            Maybe            No\*            Score:\_\_\_

12. Do you usually make the decisions when you are with a group of people?

Yes\*            Maybe            No            Score:\_\_\_

13. If you have been given poor service in a hotel or restaurant do you prefer to let it pass rather than make a fuss?

Yes            Maybe            No\*            Score:\_\_\_

14. Do you prefer to stay in the background rather than push yourself forward?

Yes            Maybe            No\*            Score:\_\_\_

15. Do you agree with the philosophy of "every man for himself"?

Yes\*            Maybe            No            Score:\_\_\_

16. Do you usually dissociate from strikes or political protests?

Yes            Maybe            No\*            Score:\_\_\_

17. If you are in a competition or contest is it important for you to win?

Yes\*            Maybe            No            Score:\_\_\_

18. Do you always argue a point if you think you are right?

Yes\*            Maybe            No            Score:\_\_\_

19. Do you hesitate to ask a stranger for a street direction?

Yes            Maybe            No\*            Score:\_\_\_

20. Do you tend to be pushed around by other people?

Yes            Maybe            No\*            Score:\_\_\_

21. Would you rather take orders than give them?

Yes            Maybe            No\*            Score:\_\_\_

22. Do you always stand up for your rights?

Yes\*            Maybe            No            Score:\_\_\_

23. Do you always obey "keep off the grass" signs?

Yes            Maybe            No\*            Score:\_\_\_

24. Would you like to be interviewed on television?

Yes\*            Maybe            No            Score:\_\_\_

25. Do you hesitate to take a front seat in a lecture room or theatre because you don't like to be conspicuous?

Yes

Maybe

No\*

Score: \_\_

**Add up your score to see where you sit on the continuum of being assertive or not so assertive.**

*(NOTE: A Quick Quiz does not substitute for a formal psychological assessment.)*