



Assertive Styles

An *assertive* person is confident, clear and in control of him or herself. He or she addresses problems directly and seeks fair resolutions. This person knows his or her rights, respects the rights of other people, and usually gets his/her needs met without hurting other people.

Below is a list of behaviors and characteristics that are common among people with assertive styles of dealing with conflict. Think about each characteristic and check whether it sounds like you most of the time, sometimes or rarely.

This is true of me:

	Most of the time	Sometimes	Rarely
1. I pay careful attention to my feelings and express them directly and honestly			
2. People generally know where they stand with me, but do not feel judged by me			
3. I feel in control of my emotions			
4. I stand up for my rights while respecting the rights of others			
5. When in a conflict, I tend to use "I" messages to tell people how I feel about the situation, rather than blaming 'you' statements			
6. I usually have a clear idea of what I want			
7. I make good eye contact when speaking with others			
8. I have good posture			
9. I am able to listen to and consider another person's point of view without interrupting, before responding with my own point of view			
10. I can say 'no' without feeling guilty			
11. I try to get all the facts before jumping to conclusions or making decisions			
12. My intimate relationships tend to be based on equal partnerships			
13. When I have something to complain about, I try to offer a solution as well			
14. When I have to criticize someone, I try to constructively criticize the person's behavior rather than the person			
15. I maintain my personal space boundaries, and respect others'			
16. I am generally confident about myself			
17. I speak in a clear, even tone of voice			
18. I may not always get what I want, but I usually get my needs met			
19. I can respond to criticism without getting angry or defensive			
20. I am able to apologize when I know I'm wrong			

Give yourself 2 points for each statement that applies to you "Most of the time," one point for every "Sometimes" answer, and no points for every "Rarely" answer.

Your Score: _____