**Quiz**

**Where do you stand today? Tell us what you know?**

1. Assertiveness is getting what you want always.   
   **True or False**
2. Assertiveness is not about winning, but about solving problems.   
   **True or False**
3. Assertiveness means: a) asking things directly, b) using specific language.   
   **Choose the correct answer: a / b / a & b**
4. Assertiveness means being honest with yourself.   
   **True or False**
5. Assertiveness means overly apologizing.   
   **True or False**
6. Assertiveness means focusing on the person and not the task.   
   **True or False**
7. Assertiveness means accepting inappropriate behavior.   
   **True or False**
8. Assertiveness means going to the root of the problem.   
   **True or False**
9. Assertiveness is saying things in the heat of the moment.   
   **True or False**
10. Assertiveness also means allowing to be corrected.   
    **True or False**
11. Aggressive is sometimes better than being assertive.   
    **True or False**
12. Passiveness is better than being assertive most of the times.  
     **True or False**
13. Assertiveness means standing up for one’s rights, without violating the rights of any other person.   
    **True or False**
14. Assertive behavior is a choice.   
    **True or False**
15. The aggressive person communicates his needs clearly.   
    **True or False**
16. The aggressive person attacks the person and not the issue.   
    **True or False**
17. Assertiveness is a communication style.   
    **True or False**
18. Assertive responses show no indication of fear or anger.   
    **True or False**
19. Unclear communication keeps us from being assertive.   
    **True or False**
20. The fact is human beings are biased.  
     **True or False**
21. The truth is that we rarely evaluate all the options.  
     **True or False**
22. Age, gender, nationality affects our behavior.   
    **True or False**
23. Assertiveness requires a change of our behavior.   
    **True or False**
24. You can reclaim your rights through assertiveness techniques.   
    **True or False**
25. Assertiveness gives you self-control.   
    **True or False**