

An Assertiveness Quiz

Answer the questions below honestly. They will help you gain some insights about your current level of assertiveness.

Assign a number to each item using this scale:
Always 5 4 3 2 1 Never

_____	I ask others to do things without feeling guilty or anxious.
_____	When someone asks me to do something I don't want to do, I say "no" without feeling guilty or anxious.
_____	I am comfortable when speaking to a large group of people.
_____	I confidently express my honest opinions to authority figures.
_____	When I experience powerful feelings (anger, frustration, disappointment, etc.), I verbalize them easily.
_____	When I express anger, I do so without blaming others for "making me mad."
_____	I am comfortable speaking up in a group situation.
_____	If I disagree with the majority opinion in a meeting, I can "stick to my guns" without feeling uncomfortable or being abrasive.
_____	When I make a mistake, I acknowledge it.
_____	I can tell others when their behavior creates a problem for me.
_____	Meeting new people in social situations is something I do with ease and comfort.
_____	When discussing my beliefs, I do so without labeling the opinions of others as "crazy," "stupid," "ridiculous," or irrational."
_____	I assume that most people are competent and trustworthy and do not have difficulty delegating tasks to others.
_____	When considering doing something I have never done, I feel confident I can learn to do it.
_____	I believe my needs are as important as those of others and I am entitled to have my needs satisfied
_____	Total Score