

## ASSERTIVENESS INVENTORY

The following questions will be helpful in assessing our assertiveness. Be honest in your responses. All you have to do is draw a circle around the number that describes you best. For some questions the assertive end of the scale is at 0, for others at 4. KEY: 0 means no or never; 1 means somewhat or sometimes; 2 means average; 3 means usually or a good deal; and 4 means practically always or entirely.

1. When a person is highly unfair, do you call it to his/her attention?
2. Do you find it difficult to make decisions?
3. Are you openly critical of others ideas, opinions, and behavior?
4. Do you speak out in protest when someone takes your place in line?
5. Do you often avoid people or situations for fear of embarrassment?
6. Do you usually have confidence in your own judgment?
7. Do you insist that your spouse or roommate take on a fair share of household chores?
8. Are you prone to “fly off the handle?”
9. When a salesperson makes an effort, do you find it hard to say “No” even though the merchandise is not really what you want?
10. When a latecomer is waited on before you are, do you call attention to the situation?
11. Are you reluctant to speak up in a discussion or debate?
12. If a person has borrowed money (or a book, garment, or thing of value) and is overdue in returning it do you mention it?
13. Do you continue to pursue an argument after the other person has had enough?
14. Do you generally express what you feel?
15. Are you disturbed if someone watches you at work?
16. If someone keeps kicking or bumping our chair in a movie or a lecture, do you ask the person to stop?
17. Do you find it difficult to keep eye contact when talking to another person?
18. In a good restaurant, when your meal is improperly prepared or served, do you ask the waiter to correct the situation?
19. When you discover merchandise is faulty, do you return it for an adjustment?

20. Do you show your anger by name-calling or obscenities?
21. Do you try to be a wallflower or a piece of the furniture in social situations?
22. Do you insist that your property manager (mechanic etc.) make repairs, adjustments or replacements, which are his/her responsibility?
23. Do you often step in and make decisions for others?
24. Are you able openly to express your love and affection?
25. Are you able to ask your friends for small favors or help?
26. Do you think you always have the right answer?
27. When you differ with a person you respect, are you able to speak up for you own viewpoint?
28. Are you able to refuse unreasonable requests made by friends?
29. Do you have difficulty complimenting or praising others?
30. If someone smoking near you disturbs you, can you say so?
31. Do you shout or use bullying tactics to get others to do as you wish?
32. Do you finish other people's sentences for them?
33. Do you get into physical fights with others, especially with strangers?
34. At family meals, do you control the conversation?
35. When you meet a stranger, are you the first to introduce yourself and begin a conversation?
36. Do you have trouble maintaining conversations in social situations?
37. Do people act as if they find you boring?
38. When someone compliments you, do you know what to say?
39. When someone criticizes you, do o know what to say?

There is no formal scoring procedure for this inventory. The only "score" is your own evaluation of how you measure up to what you would *like* to be able to do. The results of this inventory can be used to help plan your own program of growth. Four separate dimensions to be viewed are: situations, attitudes, behaviors, and obstacles.