

ASSERTIVENESS QUESTIONNAIRE

Assertiveness is a balance between being submissive and aggressive, however there are different ways of expressing your own rights assertively. Sometimes we deal with a situation positively and assertively, whereas in other situations we do not deal with them in such a responsive and positive manner. Different situations increase tension to different degrees. This questionnaire helps us focus on the skill of assertiveness and helps us realise the areas for improvement.

	1	2	3	4	5	6	7	8	9	10		
	Needs improvement										Extremely Well	
											Rate	Action
1	I set my own priorities											
2	I tell others what I am feeling											
3	I have the right to be heard when I wish to say something											
4	I require an explanation of other people's actions if they affect me											
5	I say "no" to other people's requests without long justifying explanations											
6	I insist that I get what I pay for											
7	I break with custom or convention if I wish to do so											
8	I ask for what I want											
9	I make mistakes without feeling guilty about them											
10	I express myself if I so desire											
11	I spend some time each day as I wish											
12	I have my own physical space, on which no one may impose											