

ASSERTIVENESS SURVEY

MARK A YES OR NO FOR EACH OF THE BELOW

1. When I go to a meeting, I never say anything.
2. I never go to meetings because I think people won't pay attention to me.
3. When I am unhappy about the way a project is going, I speak to those in charge.
4. When I buy something that turns out to be bad, I try to get my money back.
5. I often start conversations with people I don't know.
6. I don't allow people to take advantage of me.
7. I usually keep my feelings to myself.
8. I have no problem saying what I think.
9. I don't ask questions because I am afraid people might think they're stupid.
10. I don't have any problem standing up to people in authority.
11. I tend to be timid and weak when dealing with men who have power.
12. If a friend or someone I interact with behaved badly, I would speak to him/her.
13. I spend a lot of time and effort getting people to like me.
14. I find it hard to say 'no'.
15. I appreciate people's views even if they differ to mine.
16. I listen to people; they find me approachable and easy to talk to.
17. I ask for help easily, without feeling anxious or uncomfortable.
18. I can express my feelings and opinions constructively and calmly.
19. I take time to think about my responses and consequences.
20. I will do all I can to avoid confrontation by trying to keep the peace.
21. I hate holding eye contact as it feels like I am staring.

- 22. I work hard to meet people's needs usually at my own expense
- 23. When asked to do something I say yes, in case I upset them
- 24. In presence of authority, I feel intimidated and flustered
- 25. If I want someone to do a job, I praise and compliment them first
- 26. If someone upsets me, I find a way of getting my own back, subtly
- 27. I like to control others through behind the scenes maneuvers
- 28. I hide behind humor and sarcasm to avoid difficult situations
- 29. If I don't like someone, I subtly let them know by excluding them from events

LearnSprintTM
Where Outcomes Matter

Scoring:

- 1: Yes= 1, No= 0
- 2: Yes= 1, No= 0
- 3: Yes= 0, No= 1
- 4: Yes= 0, No= 1
- 5: Yes= 0, No= 1
- 6: Yes= 0, No= 1
- 7: Yes= 1, No= 0
- 8: Yes= 0, No= 1
- 9: Yes= 1, No= 0
- 10: Yes= 0, No= 1
- 11: Yes= 1, No= 0
- 12: Yes= 0, No= 1
- 13: Yes= 1, No= 0
- 14: Yes= 1, No= 0
- 15: Yes= 0, No= 1
- 16: Yes= 0, No= 1
- 17: Yes= 0, No= 1
- 18: Yes= 0, No= 1
- 19: Yes= 0, No= 1
- 20: Yes= 1, No= 0
- 21: Yes= 1, No= 0
- 22: Yes= 1, No= 0
- 23: Yes= 1, No= 0
- 24: Yes= 1, No= 0

25. Yes= 1, No= 0

26. Yes= 1, No= 0

27. Yes= 1, No= 0

28. Yes= 1, No= 0

29. Yes= 1, No= 0

A lower score means you are more assertive. A higher score requires that you work on your assertiveness in the specific instances

LearnSprintTM
Where Outcomes Matter