Assertiveness Quiz

1. Do you buy things you do not want because you are afraid to say no to the salesperson? Yes No

2. When you do not understand the meaning of a word, do you ask about it? Yes No

3. Do you feel responsible when things go wrong, even if it is not your fault? Yes No

4. Do you look directly at others when you talk to them? Yes No

5. Do people often ask you to speak more loudly in order to be heard? Yes No

6. Do you feel intimidated by people in authority? Yes No

7. Do you generally have good posture? Yes No

8. Do you often feel so angry you could scream? Yes No

9. Do you know how to ask for help without feeling dependent? Yes No

10. If someone cuts in front of you in a line, do you usually tell them off? Yes No
Explanation of answers to the Assertiveness Quiz

1. The assertive person is not afraid to say no. She or he feels free to make choices.

   The assertive person takes responsibility for getting his or her needs met. Fear of seeming ignorant does not prevent the assertive person from asking questions.

2. The assertive person takes responsibility for his or her own behavior but does not take responsibility for the behavior of others or for situations which are beyond his or her control. To feel responsible for things beyond your control leads to unnecessary feelings of guilt.

4. Direct eye contact is assertive and suggests sincerity, self-confidence and the expectation that others will listen.

5. An assertive person wants to be heard.

6. An assertive person does not allow status to intimidate him or her.

   Good posture communicates a positive self-image. When posture is limited by a disability, good eye contact and facial expression can be used to express a positive self-image.

7. The assertive person works to get his or her needs met and does not let situations build to the point of crisis.

   The assertive person is able to ask for help without feeling dependent because he or she maintains a strong sense of self-worth and self-respect.

   Telling someone off is an angry, aggressive response. The assertive person would state that he or she is irritated by the unfairness and ask the person to move to the end