

AN ASSERTIVENESS INVENTORY

The following questions can be helpful in assessing how assertive you are at this point in your life. Decide how often you are willing to assert yourself in the situations that follow using the scale directly below. Look at “1’s” and “2’s” as times when you might want to improve your assertiveness skills and think about how you might feel in those situations if you are not assertive. Look at “4’s” and “5’s” as times when you are already doing pretty well at being assertive (also think about what you are doing currently to promote your assertiveness in these specific situations).

1	2	3	4	5
never	rarely	sometimes	usually	always

- _____ Turn down a request from a friend to borrow your car
- _____ Introduce yourself and/or strike up a conversation with a stranger
- _____ Compliment or praise a friend
- _____ Criticize a friend when they say or do something that is hurtful or annoying to you
- _____ Return unwanted items to a store where you bought them
- _____ Say “no” to buying something you really don’t want despite pressure from a salesperson
- _____ Ask a favor of someone
- _____ Apologize when you feel badly about something you have said or done
- _____ Turn down a request from a friend to loan them money or your personal belongings
- _____ Ask “personal” questions of friends and others
- _____ Ask your boss for a raise
- _____ Ask someone who is talking or making noise at a movie, play, or concert to be quiet
- _____ Ask someone to spend time or meet with you
- _____ Turn down a request to spend time or meet with a friend
- _____ Speak up in a discussion with several other people
- _____ Ask for directions when you don’t where you’re going

- _____ Admit that you are confused about what someone is saying to you and ask for clarification from them
- _____ Admit that you don't know something and ask questions to get more information
- _____ Tell others that you appreciate, like, care about, or love them
- _____ Say something to someone who has stepped in front of you in a line (e.g. at a store)
- _____ Request the return of long-ago borrowed items from someone who has them
- _____ Tell others when they say or do something that bothers or upsets you
- _____ Ask a person who is annoying you in a public situation to stop doing what they are doing
- _____ Point out when others interrupt you and request that they listen to what you are saying to them
- _____ Go into a room by yourself and become involved with a group of people that is already gathered and then being willing to interact with the people already there
- _____ Disagree openly with others and their opinions when you see things differently
- _____ Ask whether you have hurt or offended someone by something you have said or done
- _____ Ask for feedback or constructive criticism from a partner, a friend, a co-worker, or your boss
- _____ Tell someone good news about you or something positive that has happened in your life
- _____ Talk to a person's supervisor when you feel they have been unhelpful or disrespectful to you
- _____ Say "no" to sexual overtures from a partner when you are not interested in having sex
- _____ Request that wait staff take back food that is not done to your liking in a restaurant
- _____ Bargain or haggle over a price with a salesperson
- _____ Make an effort to get to know someone you are attracted to
- _____ Circulate a petition or ask for donations for a cause you believe in
- _____ Confront someone who is spreading untrue rumors about you
- _____ Speak up with people in positions of power and authority
- _____ Receive compliments from others without discounting or dismissing what they are saying to you
- _____ Continue to talk with someone who disagrees with you
- _____ Speak up when someone who arrived later is waited on before you are at a store or a restaurant

- _____ Ask someone who is kicking or bumping your chair in a restaurant, theater, or at a concert to stop doing this
- _____ Insist that your spouse, partner, or roommate take on a fair share of household and other chores and responsibilities
- _____ Express your feelings honestly and openly to others
- _____ Maintain eye contact when you are talking with other people
- _____ Ask for assistance when you are in a store and can't find what you are looking for
- _____ Insist that your landlord or tradespeople make repairs, adjustments, or replacements that are his or her responsibility
- _____ Stop the conversation and/or say "no" clearly to a telephone solicitor who is offering you something that you don't want or need
- _____ Let your parents know that you don't want them telling you what to do (when you are an adult)
- _____ Say "hello" to and acknowledge strangers
- _____ Keep conversations going with acquaintances or friends by asking open-ended questions of them
- _____ Set personal limits with others when you need to do so without making excuses, overly explaining, or trying to justify why you are doing this
- _____ Ask for help from a friend or acquaintance when you are doing household, yard, or other projects
- _____ Reach out to talk with friends when you are feeling upset, unhappy, overwhelmed, or feel the need for emotional support