

## Assertiveness Inventory

Using the scale below, place the appropriate number in front of each statement. Answer how you would honestly feel, not how you “think” you should feel.

### Scale

1. At ease, very comfortable
2. Slightly ill-at-ease
3. Uncomfortable
4. Extremely uncomfortable

### I AM.....

- \_\_\_ 1. Returning merchandise at a store
- \_\_\_ 2. Making a business call or appointment
- \_\_\_ 3. Asking favors from others
- \_\_\_ 4. Speaking in public
- \_\_\_ 5. Speaking to a very attractive person
- \_\_\_ 6. Complaining about poor restaurant service
- \_\_\_ 7. Being evaluated on my performance
- \_\_\_ 8. Disagreeing with my boss or co-worker
- \_\_\_ 9. Responding to strangers
- \_\_\_ 10. Handling personal criticism
- \_\_\_ 11. Questioning someone’s judgement
- \_\_\_ 12. Venting my anger
- \_\_\_ 13. Speaking up when I’ve been cheated or ignored
- \_\_\_ 14. Dealing with uncooperative people
- \_\_\_ 15. Declining an invitation
- \_\_\_ 16. Declining to buy an item from a salesperson
- \_\_\_ 17. Asking someone to stop talking while in a movie theater
- \_\_\_ 18. Beginning a conversation with a stranger

- \_\_\_ 19. Returning to school or taking a class
- \_\_\_ 20. Refusing an unreasonable request made by a friend
- \_\_\_ 21. Receiving a compliment
- \_\_\_ 22. Offering constructive criticism to a friend
- \_\_\_ 23. Reprimanding someone
- \_\_\_ 24. Making a job change
- \_\_\_ 25. Making or accepting a date or social appointment
- \_\_\_ 26. Praising a friend
- \_\_\_ 27. Sharing intimate feelings with someone
- \_\_\_ 28. Offering a loan
- \_\_\_ 29. Expressing my opinion publicly
- \_\_\_ 30. Feeling angry towards my parents

\_\_\_ **TOTAL**

Tally your score. The range is 30 - 120. Evaluate your score on the following scale:

- 30 - 65 You are generally assertive.
- 66 - 85 You need practice to become more assertive.
- 86 - 120 Your lack of assertiveness is probably producing unnecessary stress

Regardless of how you scored, you should go back and star any situations which you find stressful. The assertiveness training techniques offered later in this book should help you deal with the stress these situations produce.