

Indicate whether each of the following statements is mostly true or mostly false as it applies to you. If in doubt about your reaction to a particular statement, think of how you would generally respond.

1. It is extremely difficult for me to turn down a friend or family member's request if he or she is a nice person.
2. I express criticism freely.
3. If another person is being very unfair, I bring it to that person's attention.
4. Work is no place to let your feelings show.
5. It's no use asking for favors; people get what they deserve.
6. Business is not the place for tact; say what you think.
7. If a person looks as if he or she is in a hurry, I let that person in front of me in the supermarket line.
8. A weakness of mine is that I am too nice of a person.
9. If my restaurant bill is even 50 cents more than it should be, I demand that the mistake be corrected.
10. If the mood strikes me, I will laugh out loud in public.
11. People would describe me as too outspoken.
12. I am quite willing to have the store take back a piece of furniture that was scratched upon delivery.
13. I dread having to express anger toward a co-worker.
14. People often say that I'm too reserved and emotionally controlled.
15. I have told friends and work associates exactly what it is about their behavior that irritates or displeases me.
16. I fight for my rights down to the last detail.
17. I have no misgivings about returning clothing to the store if it doesn't fit me right.
18. After I have an argument with a person, I try to avoid him or her.
19. I insist that my spouse/partner do his or her fair share of undesirable chores.
20. It's difficult for me to look directly at another person when the two of us are in disagreement.
21. I have cried among friends more than once.
22. If someone near me at a movie keeps talking/kicking my chair, I ask him or her to stop.
23. I am able to turn down social engagements with people I do not particularly care for.
24. It is in poor taste to express what you really feel about another individual.
25. I sometimes show my anger by swearing at or berating another person.
26. I am reluctant to speak up at a meeting.
27. I find it relatively easy to ask friends for small favors, such as giving me a ride to work while my car is being repaired.
28. If another person is talking very loudly in a restaurant and it bothers me, I inform that person.
29. I often finish other people's sentences for them.
30. It is relatively easy for me to express love and affection toward another person.

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SCORING KEY: Score 1 point for each of your answers that agrees with the following scoring key:

1. Mostly false
2. Mostly true
3. Mostly true
4. Mostly false
5. Mostly false
6. Mostly true
7. Mostly false
8. Mostly false
9. Mostly true
10. Mostly true
11. Mostly true
12. Mostly true
13. Mostly false
14. Mostly false
15. Mostly true
16. Mostly true
17. Mostly true
18. Mostly false
19. Mostly true
20. Mostly false
21. Mostly true
22. Mostly true
23. Mostly true
24. Mostly true
25. Mostly true
26. Mostly false
27. Mostly true
28. Mostly true
29. Mostly true
30. Mostly true

INTERPRETATION:
0-15 Non-assertive/passive
16-24 Assertive
25+ Aggressive

You may want to check the reliability of your score with friends or family members. Ask them to evaluate how you are in these situations. It is important to not only know how you perceive yourself, but to learn others' perceptions of you as well. Remember, one's perception is their reality, and this is what drives our behavior!

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