

## Assertiveness Inventory

This is a general inventory of your response in the situations described below. Using the key, circle the number that best describes your typical response.

**Key:** 0 means no or never; 1 means somewhat or sometimes; 2 means average; 3 means usually or a good deal; 4 means practically always or entirely.

**Statements:**

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|--|---|---|---|---|---|
| 1. When a person is highly unfair, do you call it to their attention?                  | 0 | 1 | 2 | 3 | 4 |
| 2. Do you usually have confidence in your own judgment?                                | 0 | 1 | 2 | 3 | 4 |
| 3. Are you ever reluctant to speak up in a discussion or a debate?                     | 0 | 1 | 2 | 3 | 4 |
| 4. Do you continue to pursue an argument after the other person has had enough?        | 0 | 1 | 2 | 3 | 4 |
| 5. Do you generally express what you feel; the emotional aspects?                      | 0 | 1 | 2 | 3 | 4 |
| 6. Do you find it difficult to maintain eye contact while talking with another person? | 0 | 1 | 2 | 3 | 4 |
| 7. Do you step in and make decisions for others?                                       | 0 | 1 | 2 | 3 | 4 |
| 8. Do you think you often have the correct answer/approach in a situation?             | 0 | 1 | 2 | 3 | 4 |
| 9. Are you able to refuse unreasonable requests?                                       | 0 | 1 | 2 | 3 | 4 |
| 10. Do you finish other people's sentences for them?                                   | 0 | 1 | 2 | 3 | 4 |

Adapted from: Your Perfect Right, Robert Alberti and Michael Emmons