

**GAHSA/SCANPHA DON WORKSHOP
TEST YOUR ASSERTIVENESS QUOTIENT**

5 = Always 1 = Never

	QUESTION	ANSWER
1	I tell others when their behavior creates a problem for me	
2	When I make a mistake, I acknowledge it	
3	I confidently express my honest opinions to authority figures (my boss)	
4	I am comfortable speaking to a large group of people	
5	I am comfortable speaking up in a group situation	
6	I can easily express powerful feelings (anger, frustration, disappointment)	
7	I ask other to do things without feeling guilty or anxious	
8	If I disagree with the majority, I can “stick to my guns” without feeling uncomfortable or being abrasive	
9	When someone asks me to do something I don’t want to do, I say “no” without guilt or anxiety	
10	I meet new people in social situations with ease and comfort	
11	I can express my beliefs without labeling the opinions of others as “crazy” or “stupid”	
12	When faced with doing something I’ve never done, I feel confident I can learn to do it	
13	I believe that my needs are as important as those of others and that I am entitled to have my needs satisfied	
14	I assume that most people are competent and trustworthy and I do not have difficulty delegating tasks to others	
15	When I express anger, I do so without blaming others for “making me mad”	
	TOTAL	

Score of 60 or higher : You have a consistently assertive philosophy and probably handle most situations well

Score of 45 - 59 : You have a fairly assertive outlook

Score of 30 - 44 : You are assertive in some situations but your natural response is nonassertive or aggressive

Score of 15 - 29 : You have a considerable difficulty being assertive