

## ASSERTIVENESS INDICATOR

*Assertiveness* is an *ideal state of being*, regardless of any situation. It is a skill, and surely can be mastered. When you have completed the questions, select *questions which you answered “no” to*, and *plan how to address them*. *Assertiveness is a journey and not a destination*. There will always be challenges we face, unique to our own lives.

*Answer the following questions by ticking the “Yes” or “No” box.*

NO.	QUESTION	YES	NO
1.	When you are not sure of something, do you find it easy to ask the help of others?	<input type="checkbox"/>	<input type="checkbox"/>
2.	Are you able to hold your own with an aggressive or domineering person?	<input type="checkbox"/>	<input type="checkbox"/>
3.	Are you able to avoid being manipulated by people?	<input type="checkbox"/>	<input type="checkbox"/>
4.	Do you let go of an argument when you know your point has been made?	<input type="checkbox"/>	<input type="checkbox"/>
5.	When someone is being unfair, unjust, or aggressive, do you address this then and there in a calm way?	<input type="checkbox"/>	<input type="checkbox"/>
6.	Are you able to set boundaries with people?	<input type="checkbox"/>	<input type="checkbox"/>
7.	Are you able to say “thank you” to others?	<input type="checkbox"/>	<input type="checkbox"/>
8.	Do you give praise for something well done?	<input type="checkbox"/>	<input type="checkbox"/>
9.	When at fault, do you find it easy to apologise to people?	<input type="checkbox"/>	<input type="checkbox"/>
10.	Can you calmly ask someone not to interfere?	<input type="checkbox"/>	<input type="checkbox"/>
11.	You are able to recognise and address when someone tries to take advantage of you.	<input type="checkbox"/>	<input type="checkbox"/>
12.	Can you give constructive feedback to others?	<input type="checkbox"/>	<input type="checkbox"/>
13.	Can you accept justified criticism?	<input type="checkbox"/>	<input type="checkbox"/>
14.	When someone makes a request you feel is unreasonable, do you find it easy to refuse?	<input type="checkbox"/>	<input type="checkbox"/>

### Scoring:

Yes = 1, No = 0

(Optimal: 14-11); (Balancing: 10-7); (Pressure: 6-4); (Burnout: 3-0)