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The Assertiveness Questionnaire

(Adapted from Sharon and Gordon Bowers' **Asserting Your Self**)

To further refine your assessment of the situations in which you need to be more assertive, complete the following questionnaire. Put a check mark in column "A" by the items that are applicable to you, and then rate those items in column "B" as:

1. Comfortable
2. Mildly uncomfortable
3. Moderately uncomfortable
4. Very uncomfortable
5. Unbearably threatening

(NOTE THAT THE VARYING DEGREES OF DISCOMFORT CAN BE EXPRESSED WHETHER YOUR INAPPROPRIATE REACTIONS ARE HOSTILE OR PASSIVE.)

A	B
Check here if the item applies to you	Rate from 1-5 for discomfort

WHEN do you behave non-assertively?

- | | | |
|-----|-----|---|
| ___ | ___ | asking for help |
| ___ | ___ | stating a difference of opinion |
| ___ | ___ | receiving and expressing negative feelings |
| ___ | ___ | receiving and expressing positive feelings |
| ___ | ___ | dealing with someone who refuses to cooperate |
| ___ | ___ | speaking up about something that annoys you |

- ___ ___ talking when all eyes are on you
- ___ ___ protesting a rip-off
- ___ ___ saying "no"
- ___ ___ responding to undeserved criticism
- ___ ___ making requests of authority figures
- ___ ___ negotiating for something you want
- ___ ___ having to take charge
- ___ ___ asking for cooperation
- ___ ___ proposing an idea
- ___ ___ taking charge
- ___ ___ asking questions
- ___ ___ dealing with attempts to make you feel guilty
- ___ ___ asking for service
- ___ ___ asking for date or appointment
- ___ ___ asking for favors
- ___ ___ others

WHO are the people with whom you are non-assertive?

- ___ ___ parents
- ___ ___ fellow workers, classmates
- ___ ___ strangers
- ___ ___ old friends
- ___ ___ spouse or mate
- ___ ___ employer

- ___ ___ relatives
- ___ ___ children
- ___ ___ acquaintances
- ___ ___ sales people, clerks, hired help
- ___ ___ more than two or three people in a group
- ___ ___ other

WHAT do you want that you have been unable to achieve with non-assertive styles?

- ___ ___ approval for things you have done well
- ___ ___ to get help with certain tasks
- ___ ___ more attention, or time with your mate
- ___ ___ to be listened to and understood
- ___ ___ to make boring or frustrating situations more satisfying
- ___ ___ to not have to be nice all the time
- ___ ___ confidence in asking for contact with people you find attractive
- ___ ___ getting a new job, asking for interviews, raises, etc.
- ___ ___ comfort with people who supervise you, or work under you
- ___ ___ to not feel angry and bitter a lot of the time
- ___ ___ overcome a feeling of helplessness and the sense that nothing ever really changes
- ___ ___ initiating satisfying sexual experiences
- ___ ___ do something totally different and novel
- ___ ___ getting time by yourself
- ___ ___ doing things that are fun or relaxing for you
- ___ ___ other

Evaluating Your Responses

Examine the pattern of your answers, and analyze it for an overall picture of what situations and people threaten you. How does non-assertive behavior contribute to the specific items you checked on the "What list? In constructing your own assertiveness program, it will be initially useful to focus on items you rated as falling in the 2-3 range. These are the situations that you will find easiest to change. Items that are very uncomfortable or threatening can be tackled later.