

## ASSERTIVENESS TEST

### Key

Agg = Aggressive

Sub = Submissive

Ass = Assertive

Ideally you should have ticks in the 'mostly' column for all of the statements marked as Assertive below. If you did tick others, then consider how you can adapt your behaviour.

1.	I admire those who are capable of getting what they want without having to worry about the feelings of others. (You admire aggressive behaviour)	Agg
2.	I attempt to act appropriately in situations and with problems.	Ass
3.	I am, when appropriate, calm, honest and confronting, expressing true feelings and honestly held views, whilst considering the views and feelings of others.	Ass
4.	I am prepared to do what I have to do to win - winning is everything	Agg
5.	I tend to undervalue myself.	Sub
6.	I value previous experience and hope to learn from it.	Ass
7.	I aim to preserve the dignity of others	Ass
8.	I make decisions on what I know to be true even if I have to dismiss the opinions of others	Agg
9.	I stand up for myself without invading the views, beliefs or opinions of others.	Ass
10.	I believe it is important to seek victory and get what I want in any meeting or discussion.	Agg
11.	I constantly fail to express honest and true feelings, thoughts or beliefs.	Sub
12.	I am often apologetic.	Sub
13.	I don't suffer fools gladly so I don't listen to their opinions	Agg
14.	I prefer to avoid problems and conflict.	Sub
15.	I often go to great lengths to prevent others getting hurt or upset, despite what the others may feel.	Sub
16.	I tend to lack self-confidence.	Sub
17.	I am prepared to investigate alternatives and compromises that allow others into a "win-win" situation.	Ass
18.	If someone shouts at me I will shout back at him/her	Agg