

Are you assertive?

Name: _____

Date: _____

Aim

The aim of this exercise is to reflect on your levels of assertiveness, a first step to modify your unassertive patterns.

Description

Reflect on the following statements and write your level of assertiveness in each situation. Use a scale from 0 (you are not assertive at all) to 6 (you have no problems being assertive). Be honest! There are not right or wrong answers.

	Family	Partner	Friends same sex	Friends opp. Sex	Work Colleagues	Strangers	Authorities
Saying No							
Giving Compliments							
Receiving Compliments							
Expressing an opinion							
Expressing your emotions							
Expressing your needs							
Protecting your rights							
Providing feedback							
Receiving feedback/ criticism							
Showing love & affection							
Asking for help							
Starting and maintaining a conversation							

References:

Adapted from: Michel, F. (2008). *Assert Yourself*. Perth, Western Australia: Centre for Clinical Interventions.