

Assertion Self-Assessment

Indicate with a check mark the degree of comfort/discomfort you would have in the situations listed below:

	Assertion Self-Assessment	Comfort	Somewhat	Discomfort
1	Confront a fellow co-worker about a problem			
2	Ask a friend for the money s/he owes you			
3	Apologize when you are at fault			
4	Turn down a relative's request for a favour			
5	Tell a friend they did something that offended you			
6	Accept a compliment			
7	State your opinion when it differs from an authority's			
8	Request the return of something a friend borrowed			
9	Tell coworkers when they've treated you unfairly			
10	Ask your partner for attention and affection			
11	Look people in the eye when confronting them			
12	Discuss with someone his/her criticism of you			
13	Admit your fears			
14	Tell others about your accomplishments			
15	Ask someone to put his/her cigarette out			

Adapted from: Attacking Anxiety, Midwest Center for Stress and Anxiety, 1989

Now step back and look at the pattern of your check marks:

- Are most of your check marks in the Comfort column? If so (and you were candid), you already are very assertive.
 - To become even better, think about those items you checked in the other two columns and consciously work to be more assertive in the situation described and thereby, become more comfortable with it.
- Were most of your check marks in the Discomfort and Somewhat columns? If so, there is definite room for improvement. You cannot really describe yourself as being assertive.
- Also notice the situations in which you are least comfortable:
 - Are you less assertive in your work life (e.g., 1, 7 and 9) than in your personal life (e.g., 2, 4 5, 8, and 10) ... or vice versa?
 - Are you especially uncomfortable in situations exposing emotional vulnerability (e.g., 3, 9, 10 and 13)?
 - Are you less comfortable in situations affirming your self-worth (e.g., 6, 7 and 14)?

