

ASSERTIVENESS QUESTIONNAIRE

INSTRUCTIONS: circle the correct numbers beside each item.

1 = no discomfort
 2 = a little discomfort
 3 = a fair amount of discomfort
 4 = much discomfort
 5 = very much discomfort

1 = always do it
 2 = usually do it
 3 = sometimes do it
 4 = rarely do it
 5 = never do it

DEGREE OF DISCOMFORT	SITUATION	HOW OFTEN YOU DO IT
none very <u>1</u> 2 3 4 5 <u>much</u>		<u>always</u> <u>never</u> 1 2 3 4 5 1 2 3 4 5
1 2 3 4 5	1. Turn down a friend's request to borrow a favorite item like clothing, jewelry, stereo, etc.	1 2 3 4 5
1 2 3 4 5	2. Compliment a friend.	1 2 3 4 5
1 2 3 4 5	3. Ask a favor of someone.	1 2 3 4 5
1 2 3 4 5	4. Resist sales pressure.	1 2 3 4 5
1 2 3 4 5	5. Apologize when you are at fault.	1 2 3 4 5
1 2 3 4 5	6. Turn down a request for a meeting or date.	1 2 3 4 5
1 2 3 4 5	7. Admit fear and ask for consideration	1 2 3 4 5
1 2 3 4 5	8. Tell a close friend when he/she says or does something that bothers you.	1 2 3 4 5
1 2 3 4 5	9. Ask for a raise.	1 2 3 4 5
1 2 3 4 5	10. Admit ignorance in some area.	1 2 3 4 5
1 2 3 4 5	11. Turn down a request to borrow money.	1 2 3 4 5
1 2 3 4 5	12. Ask a personal question.	1 2 3 4 5
1 2 3 4 5	13. Turn off a talkative friend.	1 2 3 4 5
1 2 3 4 5	14. Ask for constructive criticism.	1 2 3 4 5
1 2 3 4 5	15. Initiate a conversation with someone you don't know.	1 2 3 4 5
1 2 3 4 5	16. Compliment a person close to you.	1 2 3 4 5
1 2 3 4 5	17. Request a meeting or date with someone.	1 2 3 4 5
1 2 3 4 5	18. Request a meeting after being turned down once.	1 2 3 4 5
1 2 3 4 5	19. Admit confusion in a discussion and ask clarification.	1 2 3 4 5
1 2 3 4 5	20. Apply for a job.	1 2 3 4 5
1 2 3 4 5	21. Ask whether you have offended someone.	1 2 3 4 5

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DEGREE OF DISCOMFORT					SITUATION	HOW OFTEN YOU DO IT									
						<u>always</u>					<u>never</u>				
<u>none</u>				<u>very much</u>		1	2	3	4	5					
1	2	3	4	5	22. Tell someone that you like him or her.	1	2	3	4	5					
1	2	3	4	5	23. Request expected service when it is not given (such as in a restaurant).	1	2	3	4	5	1	2	3	4	5
1	2	3	4	5	24. Discuss openly with a person his/her criticism of you	1	2	3	4	5					
1	2	3	4	5	25. Return a defective item at a store or food at a restaurant.	1	2	3	4	5	1	2	3	4	5
1	2	3	4	5	26. Express an opinion different from that of the person you are talking to.	1	2	3	4	5	1	2	3	4	5
1	2	3	4	5	27. Resist sexual overtures when you are not interested.	1	2	3	4	5					
1	2	3	4	5	28. Tell a person when you feel he or she did something unfair to you.	1	2	3	4	5	1	2	3	4	5
1	2	3	4	5	29. Accept a date.	1	2	3	4	5					
1	2	3	4	5	30. Tell someone good news about yourself.	1	2	3	4	5					
1	2	3	4	5	31. Resist pressure to drink when you don't want to.	1	2	3	4	5					
1	2	3	4	5	32. Resist an unfair demand by someone close to you.	1	2	3	4	5					
1	2	3	4	5	33. Quit a job, club, or social group.	1	2	3	4	5					
1	2	3	4	5	34. Resist pressure to use drugs when you don't want to.	1	2	3	4	5					
1	2	3	4	5	35. Discuss openly with a person his/her criticism of your work.	1	2	3	4	5					
1	2	3	4	5	36. Request the return of a borrowed item.	1	2	3	4	5					
1	2	3	4	5	37. Receive compliments.	1	2	3	4	5					
1	2	3	4	5	38. Continue to converse with someone who disagrees with you.	1	2	3	4	5	1	2	3	4	5
1	2	3	4	5	39. Tell a friend or fellow student when he/she says or does something that bothers you.	1	2	3	4	5					
1	2	3	4	5	40. Ask a person who is annoying you in a public situation to stop.	1	2	3	4	5					