

ASSERTIVENESS QUESTIONNAIRE (short version)

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
 much

always never

- | | | | | | | | | | | |
|---|---|---|---|---|--|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 1. Turn down a friend's request to borrow something. | 1 | 2 | 3 | 4 | 5 |
| 1 | 2 | 3 | 4 | 5 | 2. Ask a favor of someone. | 1 | 2 | 3 | 4 | 5 |
| 1 | 2 | 3 | 4 | 5 | 3. Say no to a telephone request from a charity. | 1 | 2 | 3 | 4 | 5 |
| 1 | 2 | 3 | 4 | 5 | 4. Turn down a request for a date. | 1 | 2 | 3 | 4 | 5 |
| 1 | 2 | 3 | 4 | 5 | 5. Tell a close friend when he/she says or does something that bothers you. | 1 | 2 | 3 | 4 | 5 |
| 1 | 2 | 3 | 4 | 5 | 6. Turn down a request to borrow money. | 1 | 2 | 3 | 4 | 5 |
| 1 | 2 | 3 | 4 | 5 | 7. Ask a personal question. | 1 | 2 | 3 | 4 | 5 |
| 1 | 2 | 3 | 4 | 5 | 8. Ask for constructive criticism. | 1 | 2 | 3 | 4 | 5 |
| 1 | 2 | 3 | 4 | 5 | 9. Initiate a conversation with someone you don't know. | 1 | 2 | 3 | 4 | 5 |
| 1 | 2 | 3 | 4 | 5 | 10. Ask someone out for a date. | 1 | 2 | 3 | 4 | 5 |
| 1 | 2 | 3 | 4 | 5 | 11. Ask whether you have offended someone. | 1 | 2 | 3 | 4 | 5 |
| 1 | 2 | 3 | 4 | 5 | 12. Request expected service when it is not given (such as in a restaurant). | 1 | 2 | 3 | 4 | 5 |
| 1 | 2 | 3 | 4 | 5 | 13. Discuss openly with a person his/her criticism of you | 1 | 2 | 3 | 4 | 5 |
| 1 | 2 | 3 | 4 | 5 | 14. Return a defective item at a store or food at a restaurant. | 1 | 2 | 3 | 4 | 5 |
| 1 | 2 | 3 | 4 | 5 | 15. Express an opinion different from that of the person you are talking to. | 1 | 2 | 3 | 4 | 5 |
| 1 | 2 | 3 | 4 | 5 | 16. Resist sexual overtures when you are not interested. | 1 | 2 | 3 | 4 | 5 |
| 1 | 2 | 3 | 4 | 5 | 17. Tell a person when you feel he or she did something unfair to you. | 1 | 2 | 3 | 4 | 5 |
| 1 | 2 | 3 | 4 | 5 | 18. Resist pressure to drink when you don't want to. | 1 | 2 | 3 | 4 | 5 |
| 1 | 2 | 3 | 4 | 5 | 19. 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 | 20. Ask a person who is annoying you in public to stop. | 1 | 2 | 3 | 4 | 5 |

