The Assertiveness Questionnaire

(Adapted from Sharon and Gordon Bowers' *Asserting Your Self*)

To further refine your assessment of the situations in which you need to be more assertive, complete the following questionnaire. Put a check mark in column "A" by the items that are applicable to you, and then rate those items in column "B" as:

1. Comfortable
2. Mildly uncomfortable
3. Moderately uncomfortable
4. Very uncomfortable
5. Unbearably threatening

(Note that the varying degrees of discomfort can be expressed whether your inappropriate reactions are hostile or passive.)

<table>
<thead>
<tr>
<th>A</th>
<th>B</th>
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<tbody>
<tr>
<td>Check here if the item applies to you</td>
<td>Rate from 1-5 for discomfort</td>
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**When** do you behave non-assertively?

___ ___ asking for help
___ ___ stating a difference of opinion
___ ___ receiving and expressing negative feelings
___ ___ receiving and expressing positive feelings
___ ___ dealing with someone who refuses to cooperate
___ ___ speaking up about something that annoys you
talking when all eyes are on you
protesting a rip-off
saying "no"
responding to undeserved criticism
making requests of authority figures
negotiating for something you want
having to take charge
asking for cooperation
proposing an idea
taking charge
asking questions
dealing with attempts to make you feel guilty
asking for service
asking for date or appointment
asking for favors
others

**WHO** are the people with whom you are non-assertive?

parents
fellow workers, classmates
strangers
old friends
spouse or mate
employer
relatives
children
acquaintances
sales people, clerks, hired help
more than two or three people in a group
other

**WHAT** do you want that you have been unable to achieve with non-assertive styles?

approval for things you have done well
to get help with certain tasks
more attention, or time with your mate
to be listened to and understood
to make boring or frustrating situations more satisfying
to not have to be nice all the time
confidence in asking for contact with people you find attractive
getting a new job, asking for interviews, raises, etc.
comfort with people who supervise you, or work under you
to not feel angry and bitter a lot of the time
overcome a feeling of helplessness and the sense that nothing ever really changes
initiating satisfying sexual experiences
do something totally different and novel
getting time by yourself
doing things that are fun or relaxing for you
other
Evaluating Your Responses

Examine the pattern of your answers, and analyze it for an overall picture of what situations and people threaten you. How does non-assertive behavior contribute to the specific items you checked on the "What list? In constructing your own assertiveness program, it will be initially useful to focus on items you rated as falling in the 2-3 range. These are the situations that you will find easiest to change. Items that are very uncomfortable or threatening can be tackled later.