

Assertiveness Self-Evaluation Exercise

Self-evaluation is a great place to start when understanding and building assertiveness.

Reflect on each of the following questions in the table below (modified from Murphy, 2011):

Question number	Question	Yes or No
1	Do you look people straight in the eye when you talk to them?	
2	Do you speak clearly and address the situation directly?	
3	Do you speak with confidence or mumble and stumble over your words?	
4	Do you stand/sit up straight or slouch?	
5	Are you confident in asking questions when you need clarification?	
6	Are you comfortable around others?	
7	Are you able to say 'no' when you don't want to do something?	
8	Are you able to express your feelings appropriately?	
9	Do you offer your opinion when you disagree with something or someone?	
10	Do you defend yourself when blamed for something that wasn't your fault?	

Having answered truthfully, assess as follows:

- Two or three 'no' answers mean you assert your needs and wants without too much difficulty.
- Four to six 'no' answers, and you may experience trouble being assertive and possibly replay several what-if scenarios before acting.
- Seven or more 'no' answers, and you lack assertiveness and should spend time building up the tools necessary to live life on your own terms.

References

- Murphy, J. (2011). *Assertiveness: How to stand up for yourself and still win the respect of others*. [Kindle DX version]. Retrieved from <https://www.amazon.com/Assertiveness-Stand-Yourself-Respect-Others-ebook/dp/B006B96NDM/>

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