

Circle a, b, c or d to identify how you tend to behave in these situations.
Tip: Your first answers are the usually the best and most accurate. Go with gut instinct and try not to over analyse.

- 1. You would prefer to celebrate Christmas, or a similar festival on your own with just your partner/friend. Your partner wants to go to his/her family. Do you:**
 - a. Imply that it's unfair and hope that things will change
 - b. Go to the family – anything for peace!
 - c. Say how you feel and what you would like
 - d. Flatly refuse to go

- 2. You have just started to eat your main course in a restaurant. It should be hot but it's cold. Do you:**
 - a. Tell the waiter this isn't what you ordered and order another dish
 - b. Carry on and eat it
 - c. Tell the waiter its cold and ask for a fresh, hot portion
 - d. Point out this isn't good enough and demand better

- 3. When a friend or colleague borrows your calculator regularly and forgets to return it to you, do you:**
 - a. Drop hints at regular intervals
 - b. Let it go
 - c. Explain the effect on you and ask for it back
 - d. Get angry and demand it back

- 4. Interview panel member asks a question that seems sexist to you, do you:**
 - a. Quip back a quick retort
 - b. Answer as best you can
 - c. Express some concern about the question only if you feel OK about it
 - d. Point out how wrong it is to ask such questions and refuse to answer it

- 5. When you are entering a car park and are about to reverse into a parking space another driver nips in and pinches the space. Do you:**
 - a. Block the car in
 - b. Ignore it and find another space
 - c. Tell the other driver how annoyed you are and ask him/her to move
 - d. Give the other driver a piece of your mind for his/her rudeness

6. When someone criticises your appearance do you:

- a. Say something like “well it’s my most expensive outfit”
- b. Blush and say nothing
- c. Check what is specifically being said and check for yourself
- d. Tell him/her its none of their business

7. You are asked to work late for the third time this week. You have already made alternative arrangements. Do you:

- a. Give what you think is a cast iron reason for not staying
- b. Try saying no but end up staying
- c. Say ‘no’ firmly and say when you will have to leave for your other appointment
- d. Complain that it’s the third time this week and say a definite “NO”

8. Your family doesn’t seem to be listening when you tell them your plans for Saturday. Do you:

- a. Say something like “Well if anyone’s interested I’m.....”
- b. Keep quiet
- c. Say how you feel and how it’s important to you to tell them about your plans
- d. Talk more loudly

9. When you keep quiet in a situation, it is because:

- a. You know the silence will have an effect
- b. You are too upset or frightened to speak
- c. You have nothing to say
- d. You’re sulking

10. When you feel angry or upset, do you:

- a. Let people know in a roundabout way
- b. Keep quiet
- c. Try to say how you feel, and be specific
- d. Explode!

	a)	b)	c)	d)
TOTALS				

Mostly b's. Your behaviour tends to be passive

Mostly c's. This shows that you tend to be assertive, but check that you actually do the things you say you do. Sometimes it is easy to see what the best solution is on paper, but a more passive response may slip out in the heat of the moment.

Mostly a's and d's. Your behaviour tends to be aggressive. The d's are directly aggressive, whilst the a's are indirectly aggressive and manipulative. Most people confuse assertive behaviour with aggressive behaviour so it's not unusual to have a high score here.

<http://www.bestsupport.org.uk/training/Assertiveness-Questionnaire>