

The Assertiveness Inventory

(By Robert E. Alberti and Michael L Emmons)

The following questions will be helpful in assessing your assertiveness style. Be honest in your responses.

Put an X under the number that best describes you.

- Key:**
- 0** Means no or never
 - 1** Means somewhat or sometimes
 - 2** Means usually or a good deal
 - 3** Means practically always or entirely, all of the time

	0	1	2	3
When a person is highly unfair, do you call it to attention?				
Do you find it difficult to make decisions?				
Do you speak out in protest when someone takes you place in line?				
Do you often avoid people or situations for fear of embarrassment?				
Do you usually have confidence in your own judgment?				
Do you insist that your partner take on a fair share of household chores?				
When a salesperson makes an effort, do you find it hard to say "No" even though the merchandise is not really what you want?				
When a latecomer is waited on before you are, do you call attention to the situation?				
Are you reluctant to speak up in a discussion, debate, or argument?				
If a person has borrowed money (or anything else of value) is is overdue in returning it, do you mention it?				
Do you generally express what you feel?				
Are you disturbed if someone watches you at work?				

if someone keeps kicking or bumping your chair in a movie do you ask the person to stop?				
do you find it difficult to keep eye contact when talking to another person?				
In a restaurant, when your meal is improperly prepared or served, do you ask the waiter/waitress to correct the situation?				
When you discover merchandise is faulty, do you return it for an adjustment?				
Do you try to be a wallflower or a piece of the furniture in social situations?				
Do you insist that your mechanic/repairman make repairs, adjustments or replacements which are his/her responsibility?				
Are you able to express love and affection openly?				
Are you able to ask your friends for small favors or help?				
When you differ with a person you respect, are you able to speak up for your own viewpoint?				
Are you able to refuse unreasonable requests made by friends?				
If you are disturbed by someone smoking near you, can you say so?				
When you meet a stranger, are you the first to introduce yourself and begin a conversation?				
Do your answers tell you that you are rarely speaking up for yourself?				

Are you openly critical of other's ideas, opinions, and behavior?				
Are you prone to "fly off the handle"?				
Do you continue to pursue an argument after the other person has had enough?				
Do you show your anger by name-calling or swearing?				
Do you often step in and made decisions for others?				
Do you think you always have the right answer?				
Do you have difficulty complimenting or praising others?				
Do you shout or pressure others to get them to do as you want?				
Do you finish other people's sentences for them?				
Do you get into physical fights with others – especially people you don't know very well?				
At family meals, do you control the conversation?				
Do you always decide what movie to see?				
Do your answers suggest you are pushing others around more than you realize?				

DON'T ADD up your scores.

What does all of this MEAN?

It really has no meaning. There is no such thing as a general quality of assertiveness.

What is "assertive" must be answered in terms of the person and the situation.