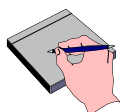


ASSERTIVENESS

Assertiveness is a balance between being submissive and aggressive, however there are different ways of expressing your own rights assertively. Sometimes we deal with a situation positively and assertively, whereas in other situations we do not deal with them in such a responsive and positive manner. Different situations increase tension to different degrees. This questionnaire helps us focus on the skill of assertiveness and helps us realise the areas for improvement.

ASSERTION-RIGHTS QUESTIONNAIRE

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 Needs
improvement Extremely
Well



		RATE	ACTION
1.	I set my own priorities		
2.	I tell others what I am feeling		
3.	I have the right to be heard when I wish to say something		
4.	I require an explanation of other people's actions if they affect me.		
5.	I say "no" to other people's requests without long justifying explanations		
6.	I insist that I get what I pay for		
7.	I break with custom or convention if I wish to do so		
8.	I ask for what I want		
9.	I make mistakes without feeling guilty about them		
10.	I express myself if I so desire		
11.	I spend some time each day as I wish		
12.	I have my own physical space, on which no one may impose		