

Directions: Fill in each block with a rating of your assertiveness on a 5-point scale.
 A rating of 0 means you have no difficulty asserting yourself.
 A rating of 5 means you are completely unable to assert yourself.

PEOPLE ACTIVITY	Service workers, waiters, shop assistants	Strangers	Colleagues and subordinates	Relatives, family members	Authority figures	Intimate relations or spouse	Friends of different sex	Friends of the same sex
Giving compliments								
Making requests, eg, ask for favours/help								
Initiating and maintaining conversation								
Refusing requests								
Expressing personal opinions								
Expressing anger/displeasure								
Expressing like, love, affection								
Stating your rights and needs								