

Assertiveness Questionnaire

The facilitator has to hand out the following questionnaire to the participant and ask to complete it in no more than 15 minutes. Each question has 4 possible answers, namely “very difficult”, “difficult”, “easy”, “very easy”. For each question one answer has to be ticked (✓).

Challenge	very difficult	difficult	easy	very easy
1. Asking for a service that you expected but did not get.				
2. Expressing anger.				
3. Acknowledging greetings from others.				
4. Telling someone who has criticized you how you feel.				
5. Talking in front of a crowd or group of people.				
6. Telling a friend who has done something you disagree with “I don’t agree with you”.				
7. Asking someone to return an overdue item that they borrowed from you, without making an excuse for asking.				
8. Initiating a conversation with a stranger.				
9. Returning a newly purchased item to the shop that you purchased it from.				
10. Requesting something for yourself.				
11. Declining an invitation to a meeting or a function.				
12. Being able to say to others “I don’t know”.				
13. Accepting compliments or asking for feedback from others				
14. Telling your friend how you feel or what’s on your mind.				
15. Arguing with others.				
16. Accepting or giving a friendly touch from/to a colleague.				
17. Doing something for yourself/ for your own sake.				
18. Rejecting a request from a friend if you don’t want to do it.				
19. Telling a friend that you like his/her attitude or behavior.				
20. Bargaining in a shop to get a better deal.				
21. Asking in a restaurant if you can use the toilet.				
22. Telling a stranger that there is food on his/her nose.				