

Carers' Self Advocacy Toolkit

How assertive are you?



How assertive are you?

Please tick your answer to each scenario below and find out how assertive you are.

Often = O

Sometimes = S

Rarely = R

Never = N

| | O | S | R | N |
|---|--------------------------|--------------------------|--------------------------|--------------------------|
| In a difficult meeting, with tempers running high, I am able to speak up with confidence | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| If I am unsure of something I can easily ask for help | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| If I am being put down or patronised I can raise the issue directly without being aggressive | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| If someone does something that I would prefer them not to, I can say so without feeling guilty | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I can deal easily and effectively with those who hold power | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| When someone isn't listening to what I'm saying I can get my point across without getting confrontational or feeling sorry for myself | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| When I disagree with the majority views I can state my case without apologising or getting overbearing | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I take deserved criticism well | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I can give compliments without being embarrassed or it sounding like empty flattery | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| When I get angry, I can express my point of view without becoming judgmental or feeling I've let myself down | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

If you ticked mostly 'O's you often demonstrate assertive behaviour and are generally able to ask for what you need. If you ticked mostly 'S's you can be assertive in some situations or at the times you are feeling confident. If you ticked mostly 'R's you usually find it difficult to ask for what you want and you may worry a lot about what others are thinking of you. If you ticked mainly 'N's your default setting is passive or aggressive and assertiveness is something you are able to do very occasionally.