

Assertiveness in Communication: Evaluate Your Ability to Communicate Assertively

Rate yourself for each statement by selecting ☒ or circling a number from 1 to 5, where:

- 1 = Strongly Disagree
- 2 = Disagree
- 3 = Neutral
- 4 = Agree
- 5 = Strongly Agree

1. I express my thoughts and feelings openly without fear of judgment.



1 ☐

2 ☐

3 ☐

4 ☐

5 ☐



2. I can say 'no' to requests without feeling guilty or overly apologetic.



1 ☐

2 ☐

3 ☐

4 ☐

5 ☐



3. I handle disagreements by addressing issues calmly and respectfully.



1 ☐

2 ☐

3 ☐

4 ☐

5 ☐



4. I stand up for my rights while respecting the rights of others.



1 ☐

2 ☐

3 ☐

4 ☐

5 ☐



5. I feel confident when asking for what I need or want.



1 ☐

2 ☐

3 ☐

4 ☐

5 ☐



Answer Key and Score Interpretation:

Add up your total score from the five statements (maximum score = 25).

- **21-25:** You are highly assertive and effectively communicate your needs and boundaries.
 - **15-20:** You display moderate assertiveness but may need to work on certain areas of confidence and communication.
 - **10-14:** Your assertiveness is inconsistent. Addressing specific barriers can help improve your communication style.
 - **5-9:** You may shy away from assertiveness, potentially impacting your ability to express your needs. Focus on self-confidence and communication techniques.
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Next Step Suggestions:

- Practice using 'I' statements to express how you feel and what you need.
- Take small steps in standing up for yourself, starting in low-pressure situations.
- Consider attending a workshop or reading books on assertive communication to strengthen your skills.