

Assertiveness

Here are some statements about dealing with other people. Tick the [] that is right for you

	Strongly	Agree	Hard to	Disagree	
Strongly					
Disagree	Agree		Say		
(a) When someone tries to make you feel small, you should do the same to them	[]	[]	[]	[]	[]
(b) There is point in letting people know you're angry with them	[]	[]	[]	[]	[]
(c) The only way to deal with a bully is to let them know who is in charge	[]	[]	[]	[]	[]
(d) There are always ways of dealing with problems without having to fight about them	[]	[]	[]	[]	[]
(e) It is much better to 'fly off the handle' than to explain things calmly	[]	[]	[]	[]	[]

Calculation of Indices: Reverse items (a), (c) and (e). The mean of the items provides a measure of the extent to which the respondent endorses an assertive approach.