Assertiveness Quiz

Directions: Read the following scenarios out loud to your students.

1. Your boy/girlfriend tell you that he/she is really mad at you for not returning his/her calls. You realize that your mom never gave you the messages. You...
   a. Don’t say anything about the messages to your mom
   b. Confront your mom and ask her if your boy/girlfriend ever called while you were out
   c. You get even by not giving your mom her next phone message

2. Your teacher gives you a “C” on a paper that you believe is at least a “B+” work. You...
   a. Go home and do nothing about it
   b. Ask the teacher to explain the grade since you were expecting a better grade
   c. Rip the paper up and tell your friends what a lousy teacher he or she is

3. Your friend says something that hurts your feelings. You...
   a. Say nothing and hope it doesn’t happen again
   b. Tell your friend that what they said hurt your feelings
   c. Say something hurtful back

4. Your friend offers to pick up lunch for you but doesn’t give you your change (about $8.00). You...
   a. Assume there was no change
   b. Ask if there was any change
   c. Accuse your friend of trying to rip you off

5. Your classmate asks if he/she can copy your homework. You don’t want to let them because you are afraid you’ll get an "F." You...
   a. Let them even though you’re not real comfortable with the idea
   b. Tell them you’d rather not
   c. Tell them you’re not a cheater like them

6. A friend asks you to take her to pick up her car from the mechanics, but you’re afraid you might miss a test at school. You...
   a. Do it anyhow
   b. Ask her if you can do it after school
   c. Agree but purposefully forget to pick her up

7. Your parents tell you they are transferring money into your bank account, but the money never arrives. You...
   a. Don’t say anything and hope the money shows up eventually
   b. Confront them and say you are concerned that the transaction did not go through
   c. Get mad and yell at them that you won’t have enough money for gas, insurance, or lunch if they do not help you out

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8. Your friend suggests a particular movie, but you’ve been looking forward to seeing a different one. You...
   a. Go to the movie they suggested
   b. Tell them that you really want to see the other movie and try to decide together
   c. You see the movie they suggested but you complain about how stupid it is

9. You are shopping with a friend (who’s a girl) and they try on a pair of pants and ask you how they look. You think the pants are too tight, but they sound excited about how they look in them. You...
   a. Smile and say the pants look good
   b. Tell them you like the pants but suggest a bigger size
   c. Tell them the pants make them look fat

10. You are working on a project with the person sitting next to you in class. You do not know them very well, but you notice a piece of food stuck in their front teeth. You...
    a. Don’t say anything and continue working on the project together
    b. Tell this person they have food stuck in their teeth
    c. Laugh at them and ask the person if they’re saving some of their lunch for a later time.

**Scoring:** You have probably noticed that the responses to the scenarios followed a pattern. In fact, the A responses represented a passive style in interacting with others. The B responses were assertive. And the C responses represented an aggressive approach. Add up your A, B, and C responses.

- If you had **more than 2 A responses**, you may tend to interact with others in a passive manner, taking their feelings and thoughts as more important than your own.
- If you had **more than 2 C responses**, you may come across to others as aggressive and perhaps uncaring.
- If you had **more than 2 B responses**, you have more of an assertive interpersonal style, where you consider the thoughts and feelings of others without discounting your own.
