

Assertiveness Quiz

Directions: Read the following scenarios outloud 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...

revenge

- Don't say anything about the messages to your mom
- Confront your mom and ask her if your boy/girlfriend ever called while you were out
- 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...

name calling

- Go home and do nothing about it
- Ask the teacher to explain the grade since you were expecting a better grade
- 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...

hurtful words

- Say nothing and hope it doesn't happen again
- Tell your friend that what they said hurt your feelings
- 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...

accusing

- Assume there was no change
- Ask if there was any change
- 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...

name calling

- Let them even though you're not real comfortable with the idea
- Tell them you'd rather not
- 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...

revenge

- Do it anyhow
- Ask her if you can do it after school
- 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...

angry

- Don't say anything and hope the money shows up eventually
- Confront them and say you are concerned that the transaction did not go through
- 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

8. Your friend suggests a particular movie, but you've been looking forward to seeing a different one. You...

revenge

- 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...

hurtful words

- 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...

making fun of them

- 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.

adapted from: http://www.proprofs.com/quiz-school/story.php?title=assertiveness-quiz_1

