

Self-evaluation Questions for Assertiveness

How you see yourself affects how you communicate.

The following self-evaluation questions provide you with a clearer understanding of whether you have assertiveness issues, based on how you communicate and interact with others (modified from Murphy, 2011):

	Yes	No
1. When talking to people, do you look them in the eye?		
2. Do you project your voice as you speak? Are you clear and loud enough to be heard?		
3. Are you confident? Or are your sentences filled with gaps, "ums," and "errs"?		
4. How are standing or seated when dealing with others? Are you upright or looking downward?		
5. Are you able to ask the questions you have, or do you shy away from them?		
6. Are you comfortable around others?		
7. Do you feel able to say "no" when asked things?		
8. Can you show when you are annoyed, if appropriate?		
9. Can you disagree with what is being said when you have an alternative opinion or different beliefs?		
10. Are you able to defend yourself when you are being blamed for something that wasn't your fault?		

2 or 3 "no's" – most likely, you are self-assured and do not find it difficult to assert your needs and wants.

4 to 6 "no's" – there is a high chance you see yourself negatively. You find it more challenging to communicate what you need and want.

7 or more "no's" – most likely, you find assertiveness difficult, you feel unworthy of respect, and you tend to back down.

References

- Murphy, J. (2011). *Assertiveness: How to Stand Up for Yourself and Still Win the Respect of Others*. [Kindle Version].