

Check How Assertive You Are

- Read the scenario carefully. Tick in one of the columns 1, 2, 3, or 4 according to your level of comfort given as follows:
 - **1** - Very uncomfortable
 - **2** - Slightly uncomfortable
 - **3** - Reasonably comfortable
 - **4** - Very comfortable

- Tally the total ticks in the individual boxes. If you get more than 5 ticks on 4, you are an assertive person!

DIFFICULT SCENARIOS	1	2	3	4
You can speak up when you didn't get the service you expected in a restaurant.				
When you are angry, you tend to express it.				
You can keep cool when a person criticizes you.				
You can speak in front of a group of people.				
You can tell a person to stop doing something that annoys or bothers you.				
You can request your friend unapologetically to return an item he borrowed.				
You can start a conversation with a stranger.				
You can return a defective item to the shop you bought it from.				
You can ask someone a favor of him.				
You can admit to ignorance on a particular topic.				
You can deal with opposing ideas and constructive criticism				
You can say 'no' unapologetically to a request someone made to you.				
You express your feelings in front of a friend.				
You can argue with another person for your rights.				
You can refuse a friend a favor when you are not interested.				