

ASSERTIVENESS INVENTORY

Fill in the first column with how comfortable you are with the situation (five choices). Then, fill in how likely you would be to do the situation. Use the following scale: 1 = Never would do it, 2 = Rarely would do it, 3 = Maybe would do it (about half the time), 4 = Usually would do it, 5 = Always would do it.

How comfortable are you?	Situation	How likely would you?
☹️ ○ 😐 ○ 😊	Complimenting a friend	① ② ③ ④ ⑤
☹️ ○ 😐 ○ 😊	Asking a favor	① ② ③ ④ ⑤
☹️ ○ 😐 ○ 😊	Refusing a request to borrow something you value (homework, clothing, money, etc)	① ② ③ ④ ⑤
☹️ ○ 😐 ○ 😊	Stepping in when someone is being "picked on"	① ② ③ ④ ⑤
☹️ ○ 😐 ○ 😊	Turning down a hanging-out activity	① ② ③ ④ ⑤
☹️ ○ 😐 ○ 😊	Apologizing when you've made a mistake	① ② ③ ④ ⑤
☹️ ○ 😐 ○ 😊	Asking someone if they want to hang-out with you	① ② ③ ④ ⑤
☹️ ○ 😐 ○ 😊	Admitting you don't understand what is being discussed and asking for further explanation	① ② ③ ④ ⑤
☹️ ○ 😐 ○ 😊	Disagreeing with the opinion of a friend	① ② ③ ④ ⑤
☹️ ○ 😐 ○ 😊	Asking a teacher for extra help	① ② ③ ④ ⑤
☹️ ○ 😐 ○ 😊	Resisting pressure to do something you don't want to	① ② ③ ④ ⑤
☹️ ○ 😐 ○ 😊	Telling a teacher when he/she made a mistake	① ② ③ ④ ⑤
☹️ ○ 😐 ○ 😊	Asking for the return of borrowed items	① ② ③ ④ ⑤
☹️ ○ 😐 ○ 😊	Asking a teacher for missing assignments	① ② ③ ④ ⑤
☹️ ○ 😐 ○ 😊	Returning merchandise to a store	① ② ③ ④ ⑤
☹️ ○ 😐 ○ 😊	Telling someone you're "not interested" in them	① ② ③ ④ ⑤
☹️ ○ 😐 ○ 😊	Telling someone good news about yourself	① ② ③ ④ ⑤
☹️ ○ 😐 ○ 😊	Admitting that you're afraid of something	① ② ③ ④ ⑤
☹️ ○ 😐 ○ 😊	Standing up for yourself when someone is "picking on" you	① ② ③ ④ ⑤
☹️ ○ 😐 ○ 😊	Receiving compliments	① ② ③ ④ ⑤

Adapted from Careers Now! Activities Manual, School District 121, Port Angeles, Washington and Indiana Department of Education

Total "likelihood" column _____