

Assertiveness Assessment – Part 2

Question 1

A friend has criticised you in the classroom in the past and they are struggling with a task in school that you have done well before.

You ignore their situation

You can't help enjoying their discomfort

You ask them if they want help, and assist as far as your work allows

You quickly offer to help even if you are busy

You offer to help but let them know that they were wrong about you

Question 2

When you make a mistake:

You acknowledge it and contribute to finding a solution

You apologise and feel bad

You accept, but try to look for a situation, or person, that caused it

You find it difficult to admit mistakes to others, and can get a bit "spikey" in your manner

You often find yourself in an argument about what went wrong

Question 3

Which one is MOST like you when making decisions?

If I have the facts, I want my way when deciding things

I generally agree with others

I agree with decisions but complain when the outcome is not what I expected

I am open to discussing other people's ideas

I often assume that their ideas will be less successful so I ignore them

Question 4

Which one is MOST like you when in an argument?

I usually stay well in control of my emotions

I make sure I win important arguments

I justify my views in relation to those of others

I often agree with the argument but may well criticise the decision later

I prefer not to get into arguments

Question 5

COMPLETE: When I am asked to do something that I haven't time to deal with, I will probably:

Do my best to help

Go along with it but feel resentful

Turn down the request

Follow instructions but complain to others

Explain my position and offer alternatives

Assertiveness Assessment – Part 1

NEUROHEADWAY

Neuroscience Into Education

	Most of the time	Often	Sometimes	Rarely	Almost never
	1	2	3	4	5
I avoid dealing with difficult situations involving confrontation.	☐	☐	☐	☐	☐
I feel people take advantage of me at school.	☐	☐	☐	☐	☐
Talking to people in positions of authority makes me feel nervous, self-conscious, or unsure of myself.	☐	☐	☐	☐	☐
I behave in a self-confident manner at school.	☐	☐	☐	☐	☐
I express my opinions, even if others in a group disagree with me.	☐	☐	☐	☐	☐