

# Assertiveness Revisited

1. Do you say something when you think someone is being unfair?
2. Do you frequently find it difficult to make decisions?
3. Do you openly criticize the ideas, opinions, and behavior of others?
4. If someone takes your place in line in a store, do you speak up?
5. Do you avoid people or events that you fear might be embarrassing?
6. Do you insist that the people you live with share in chores?
7. Do you continue to argue with someone after she/he has had enough?
8. Do you respond respectfully when there is a difference of opinion?

## AGGRESSIVE:

Being demanding, hostile, rude and insensitive to the rights of others. People who are aggressive frequently intimidate others into doing what they want and are frequently disrespectful.

## PASSIVE:

Frequently giving in to other's wishes in order to prevent conflict. People who are passive often do not express their thoughts or feelings or stand up for their own needs and desires.

## PASSIVE-AGGRESSIVE:

Using a combination of passive and aggressive behaviors. Passive-aggressive people typically do not overtly attempt to control others; however, they may seek control through covert means.

## ASSERTIVE:

Being direct, honest and appropriate while stating one's thoughts, feelings, needs and wants. Assertive people take care of themselves while simultaneously respecting others.