NEUROHEADWAY
Neuroscience Into Education

Assertiveness Assessment – Part 1

	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.	○	○	○	○	○