

## **ASSERTIVENESS INTERVIEW**

Walter vom Saal

Here is a very simple outline of an interview to evaluate a person's assertiveness.

Use this interview for the class assignment to form pairs and interview each other in order to come up with an "assertiveness score" for each person that we will compare to the assertiveness score based on the written survey questionnaire.

### **QUESTIONS:**

[for each question, ask the general question first, then ask for an example]

- Can you ask someone for something?
- Can you deny someone something they asked of you?  
(that is, can you say no)?
- Can you express positive feelings?
- Can you express negative feelings?
- Can you initiate conversations?

### **Scoring:**

1 = assertive, confident.

5 = uncomfortable, anxious, unassertive.