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|-----|--|---------------------------|--------------------------|
|     | say "I feel .." and not "you make me feel".  | yes <input type="radio"/> | no <input type="radio"/> |
| 10. | Do you recognise your anger and channel it constructively to make changes, rather than feel depressed and disempowered?  | yes <input type="radio"/> | no <input type="radio"/> |
| 11. | Do you recognise your strengths and achievements and say them out loud to yourself and to others? If you don't know, and you don't say, they won't know, will they?                        | yes <input type="radio"/> | no <input type="radio"/> |
| 12. | Can you manage without depending on other people for approval?   | yes <input type="radio"/> | no <input type="radio"/> |
| 13. | Do you have a positive attitude? Do you believe all numbers including this one are lucky?  | yes <input type="radio"/> | no <input type="radio"/> |
| 14. | Can you be direct and assertive with indirect, non-assertive people who try to manipulate you, put you down, are vague or say "I don't mind" to get you to take decisions on their behalf? | yes <input type="radio"/> | no <input type="radio"/> |
| 15. | Can you negotiate equally with people whatever their role or status?   | yes <input type="radio"/> | no <input type="radio"/> |
| 16. | Overall do you have a good sense of self-worth?  | yes <input type="radio"/> | no <input type="radio"/> |

If you answer yes to twelve or more of these questions, you are putting assertiveness into practice in your life. If not, make a conscious effort to work on those areas where you have answered no.