

## Self-Assessment for Assertiveness Self-Discovery

Knowing yourself better can help with building your assertiveness (Hill, 2020).

The series of questions below help you get to know yourself and your assertiveness better (modified from Hill, 2020).

Question	Answer
List five things you love about yourself.	<ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> <li>4.</li> <li>5.</li> </ol>
List five talents, skills, and abilities you have.	<ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> <li>4.</li> <li>5.</li> </ol>
List five achievements or wins in life.	<ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> <li>4.</li> <li>5.</li> </ol>
List five difficult situations you overcame in your life.	<ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> <li>4.</li> <li>5.</li> </ol>

Question	Answer
List three to five people who have been your supporters in life.	<ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li><li>4.</li><li>5.</li></ol>
List three to five people who have helped you in your life.	<ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li><li>4.</li><li>5.</li></ol>
List five things for which you are grateful in your life.	<ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li><li>4.</li><li>5.</li></ol>
What are the barriers to you being assertive?	<ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li><li>4.</li><li>5.</li></ol>
What things do you need to change to transform your life for the better and become more assertive?	<ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li><li>4.</li><li>5.</li></ol>

Use the answers to these questions to recognize all that is good (including people) in your life and how you can improve your assertiveness.

## References

- Hill, C. (2020). *Assertiveness Training: How to Stand Up for Yourself, Boost Your Confidence, and Improve Assertive Communication Skills* [Kindle DX version]. Retrieved from <https://www.amazon.com/Assertiveness-Training-Confidence-Assertive-Communication-ebook/dp/B08LZNNVLD/>

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