

## RELATIONSHIP STYLE ASSESSMENT

*Using the following typical scenarios, rate yourself in terms of how you would typically respond or react. Then decide which situations you want to change to become more assertive **Assertively (A)**, **UnAssertively (UnA)**, **Aggressively (Ag)**, or **Passive Aggressively (PAg)***

Distinctions: **Assertive:** You get your needs met while respecting the rights of others:

**UnAssertive:** You don't get your needs met: **Aggressive:** You get your needs met while not

respecting the rights of others; **Passive Aggressive:** You get your needs met by hurtful subterfuge

\*A co-worker is frequently late to work and this impacts on your getting your job done

\*You are sold something that breaks down shortly after you buy it

\*Asking someone to dance (or out on a date)

\*Going alone to a dance (or party, restaurant, movie or ?); traveling alone

\*Telling a friend about an annoying or unpleasant habit

\*Saying No to a request to volunteer (or buy something)

\*Being kept waiting at a doctor's office

\*Someone talking loudly in a movie theater

\*Someone talking loudly on a cell phone in a restaurant (or somewhere near you)

\*Speaking up (in a meeting? or ?) when you disagree with something that is said

\*Confronting a behavior that is not acceptable to you

\*Sending poor food (or wine) back in a restaurant

\*Someone cuts in front of you in line at the grocery store (or ticket sales...)

\*Someone next to you on a airplane "hogs" the armrest.

\*A friend frequently answers phone calls when s/he is with you;  
a friend frequently interrupts you to answer "call waiting" when you are in conversation

\*You hear an offensive joke in a group

\*You are over-charged on a (repair) bill

\*Asking for what you want