

Assertiveness test essay examples

[Sociology](#), [Communication](#)



How did you score? According to the test, I received the following results:

Strengths

- You feel that your own desires are as important as others (Queendom, 2013).
- You are not aggressive when you are assertive (Queendom, 2013).

Potential Strengths

- You are somewhat assertive (Queendom, 2013).
- Sometimes you take the initiative to speak up in your own behalf (Queendom, 2013).
- You are somewhat able to be assertive with people who are opinionated (Queendom, 2013).

Limitations

- You avoid being in a vulnerable position (Queendom, 2013).

Are you surprised by the results? No, am I not surprised by the results. I have been working on being more assertive (Queendom, 2013).

Do you agree with the interpretation of your score?

Yes, I do agree with the interpretation of my score.

Reviewing the questionnaire item by item, can you find aspects of communication in which you are either nonassertive or possibly too assertive?

Yes, I am still a little hesitant in some situations to be assertive. I still tend to avoid conflict more than I should be agreeing with the majority.

Do you think that your communication style can be improved by making adjustments within these areas of communication?

I think that I can improve my communication style by making adjustments in these areas of communications. I think that I can be more assertive in situations that make in uncomfortable. I have improved in speaking up on my own behalf, but being that it is a work in progress. I will improve as I keep working on this area. I am also learning that you avoiding situations that put me in a vulnerable position can hinder me from accomplishing my goals. As result, I am working on how to communicate in these situations. Based on the results of this questionnaire, develop an action plan for improving your communication style. Table 14-2 is a helpful source.

“ Assertiveness is commonly linked with status. As a person's status and role changes, so likely will their level of assertiveness” (Queenlam, 2013). This quote from Queenlam. com is the basis for my action plan for improving my communication style. I found that this quote is accurate. I have tried to be more assertive since I was young child, but I found that as my status changes, it became easier to be assertive. It became easier for me to speak up for myself. For example, once I began to earn my own money, it became easier to tell people that I wanted Italian instead of Chinese.

Bibliography

Queendom (2013). Assertiveness Test. Retrieved from http://www.queendom.com/queendom_tests/