

Assertive Responding to Other People (Approve - Social)

Please select the answer that best reflects your typical response to other people on the scale 0 (disagree completely) to 10 (agree completely). Where the item is not relevant to you then please select the not applicable (N/A) option.

When other people are being difficult (e.g., treating me badly), I respond by:

		← Disagree Completely					Agree Completely →						
		0	1	2	3	4	5	6	7	8	9	10	N/A
1.	Telling them to shut up												N/A
2.	Giving in												N/A
3.	Shouting and screaming												N/A
4.	Hearing what they are saying but also stating my own views												N/A
5.	Standing up for myself												N/A
6.	Swearing at them												N/A
7.	Repeating my own opinion if they don't listen the first time												N/A
8.	Yelling at them												N/A
9.	Presenting and defending my own view												N/A
10.	Finding myself at their mercy												N/A
11.	Shouting out loud at them												N/A
12.	Letting them know that I wish to be left in peace right now												N/A
13.	Allowing them to get on top of me												N/A
14.	Telling myself they are right even though I don't believe they are right												N/A
15.	Doing what they want												N/A

Approve – Social Subscales

Assertive

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|------------|--|
| Q4 | Hearing what they are saying but also stating my own views |
| Q5 | Standing up for myself |
| Q7 | Repeating my own opinion if they don't listen the first time |
| Q9 | Presenting and defending my own view |
| Q12 | Letting them know that I wish to be left in peace right now |

Aggressive

- | | |
|------------|---------------------------|
| Q1 | Telling them to shut up |
| Q3 | Shouting and screaming |
| Q6 | Swearing at them |
| Q8 | Yelling at them |
| Q11 | Shouting out loud at them |

Passive

- | | |
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| Q2 | Giving in |
| Q10 | Finding myself at their mercy |
| Q13 | Allowing them to get on top of me |
| Q14 | Telling myself they are right even though I don't believe they are right |
| Q15 | Doing what they want |