



## Questionnaire

### Check if you're assertive

Underline the correct answer

- Someone interrupts you when you speak:
  - I'm sorry, but I would like to finish what I have to say.
  - Shut up!
- Your younger sister asks for help with homework:
  - Leave me alone! Can't you see I'm busy!
  - I'm busy right now, but I can help you in an hour.
- At a party someone offers you a cigarette:
  - Thank you, I don't smoke.
  - Why not, one cigarette won't kill me.
- A friend wants to borrow 5 zlotys, but he already owes you 10.
  - Okay, but remember to repay me.
  - I will not lend you money, because you still haven't given me that tenner back.
- Younger siblings ask you to play with them:
  - Play without me! I am not a kid anymore!
  - I would love to play with you, but I need to finish my homework first.
- A teammate blames you, as the goalkeeper, for a lost match:
  - You're right, it's all my fault.
  - I think you're unfair, I gave my best.
- A sick neighbour asks you to go to the shop to buy her some groceries:
  - I am busy right now! Besides, I am not your servant.
  - I am very busy at the moment, but I will be happy to help you in a few minutes.