

SELF-ASSESSMENT OF SOCIAL STYLES

Use the questionnaire and chart on the next page to assess your social style. Total your score on assertiveness and divide by 15. Then total your score on responsiveness and divide by 15. Plot the two average scores on the chart (back page).

Assertiveness Ratings

I perceive myself as:

Responsiveness Ratings

I perceive myself as:

<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 25%;">Quiet.....</td> <td style="width: 25%; text-align: center;">Talkative</td> </tr> <tr> <td style="text-align: center;">1 2 3 4</td> <td></td> </tr> <tr> <td>Slow to Decide</td> <td style="text-align: center;">Fast to Decide</td> </tr> <tr> <td style="text-align: center;">1 2 3 4</td> <td></td> </tr> <tr> <td>Going along.....</td> <td style="text-align: center;">Taking charge</td> </tr> <tr> <td style="text-align: center;">1 2 3 4</td> <td></td> </tr> <tr> <td>Supportive.....</td> <td style="text-align: center;">Challenging</td> </tr> <tr> <td style="text-align: center;">1 2 3 4</td> <td></td> </tr> <tr> <td>Compliant.....</td> <td style="text-align: center;">Dominant</td> </tr> <tr> <td style="text-align: center;">1 2 3 4</td> <td></td> </tr> <tr> <td>Deliberate.....</td> <td style="text-align: center;">Fast to Decide</td> </tr> <tr> <td style="text-align: center;">1 2 3 4</td> <td></td> </tr> <tr> <td>Asking questions</td> <td style="text-align: center;">Making statements</td> </tr> <tr> <td style="text-align: center;">1 2 3 4</td> <td></td> </tr> <tr> <td>Cooperative.....</td> <td style="text-align: center;">Competitive</td> </tr> <tr> <td style="text-align: center;">1 2 3 4</td> <td></td> </tr> <tr> <td>Avoiding risks</td> <td style="text-align: center;">Taking risks</td> </tr> <tr> <td style="text-align: center;">1 2 3 4</td> <td></td> </tr> <tr> <td>Slow, studied.....</td> <td style="text-align: center;">Fast-paced</td> </tr> <tr> <td style="text-align: center;">1 2 3 4</td> <td></td> </tr> <tr> <td>Cautious.....</td> <td style="text-align: center;">Carefree</td> </tr> <tr> <td style="text-align: center;">1 2 3 4</td> <td></td> </tr> <tr> <td>Indulgent.....</td> <td style="text-align: center;">Firm</td> </tr> <tr> <td style="text-align: center;">1 2 3 4</td> <td></td> </tr> <tr> <td>Nonassertive.....</td> <td style="text-align: center;">Assertive</td> </tr> <tr> <td style="text-align: center;">1 2 3 4</td> <td></td> </tr> <tr> <td>Mellow.....</td> <td style="text-align: center;">Matter-of-fact</td> </tr> <tr> <td style="text-align: center;">1 2 3 4</td> <td></td> </tr> <tr> <td>Reserved.....</td> <td style="text-align: center;">Outgoing</td> </tr> <tr> <td style="text-align: center;">1 2 3 4</td> <td></td> </tr> </table>	Quiet.....	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