Identifying Social Style

	1 Strongly Disagree	2 Disagree	3 Undecided	4 Agree	5 Strongly Agree
1. Helpful				✓	
2. Defend my own beliefs				✓	
3. Independent				✓	
4. Responsive to others				✓	
5. Forceful		✓			
6. Have strong personality			✓		
7. Sympathetic				✓	
8. Compassionate				✓	
9. Assertive		✓			
10. Sensitive to the needs of others				✓	
11. Dominant		✓			
12. Sincere					✓
13. Gentle					✓
14. Willing to take a stand				✓	
15. Warm				✓	
16. Tender				✓	
17. Friendly				✓	
18. Act as a leader				✓	
19. Aggressive		✓			
20. Competitive			✓		

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Add your ratings for these characteristics to determine your **assertiveness score**:

Question #	Your Score
2.	4
3.	4
5.	2
6.	3
9.	2
11.	2
14.	4
18.	4
19.	2
20.	3
TOTAL =	30

Add your ratings for these characteristics to determine your **responsiveness score**:

Question #	Your Score
1.	4
4.	4
7.	4
8.	4
10.	4
12.	5
13.	5
15.	4
16.	4
17.	4
TOTAL =	42

Scores above 34 indicate **high** assertiveness or responsiveness.
Scores between 26 and 34 indicate **moderate** assertiveness.
Scores below 26 indicate **low** assertiveness or responsiveness.

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