Performance Scale for Lesson 20 – Being Assertive

Student: _____ Date: _____

Observer or Teacher: _____

Please rate how well the student can do the things described below by circling the appropriate number. This is a subjective rating, from 0 to 10, based on your experience with the student.

0 1 2 3 4 5 6 7 8 9 10
0 = Never 5 = Usually 10 = Always

1. Verbally takes responsibility for feelings in interpersonal conflicts *("When you show up late, I <u>feel</u> disrespected."*)

   0 1 2 3 4 5 6 7 8 9 10

2. Uses positive self-talk (verbally self-evaluates in a positive way when prompted).

   0 1 2 3 4 5 6 7 8 9 10

3. Stands up for self, including personal rights, values, and opinions, without aggression.

   0 1 2 3 4 5 6 7 8 9 10

4. Accurately describes situations, avoiding assumptions, judgments, and opinions.

   0 1 2 3 4 5 6 7 8 9 10

5. Takes constructive action; is decisive and relatively independent when given a task or problem.

   0 1 2 3 4 5 6 7 8 9 10

6. Deals with others fairly.

   0 1 2 3 4 5 6 7 8 9 10

7. Deals with others directly (while courteous, addresses conflicts directly, and expresses wants, needs, opinions, and emotions clearly and confidently).

   0 1 2 3 4 5 6 7 8 9 10

8. When appropriate, participates in discussion without prompting.

   0 1 2 3 4 5 6 7 8 9 10

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