



# Assertiveness Beliefs Checklist

Tick the statements that are familiar to you.

I'm not allowed to ask for love.	
Asking for attention makes me a selfish person.	
It's not okay to say no.	
It's not okay to love myself.	
I'm not good enough unless other people say so.	
I have to please people to get them to like me.	
Assertive people are arrogant.	
If I put myself first, I'm being selfish.	

I won't have any friends if I don't try to keep people happy.	
I must be liked by everyone.	
I'm afraid of being yelled at or hit if I assert myself.	
I avoid conflicts by pleasing people.	
I try to stop people from judging or shaming me by pleasing them.	
I'm afraid of being judged or ridiculed if I assert myself.	
I please people to get them to take care of me.	
I try to stop people from attacking me by pleasing them.	