

Chalvin Assertiveness Test (CAT)

This tool is designed to assess the extent to which a person is able to assert themselves in various situations. This type of test helps to understand a person's behaviors and attitudes regarding assertiveness, such as maintaining open communication, the ability to express their needs and opinions, and managing conflicts effectively.

Number of questions	60 questions
Estimated duration	15 minutes
Language	English
Original name	Chalvin Assertiveness Test
Category	Assertiveness

Preview of the 60 questions

I often say yes when I would like to say no

Mostly false | Mostly true

I stand up for my rights, without encroaching on those of others

Mostly false | Mostly true

I prefer to hide what I think or feel if I don't know the person well

Mostly false | Mostly true

I am rather authoritarian and decisive

Mostly false | Mostly true

It is generally easier and smarter to act through a third party than directly

Mostly false | Mostly true

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Laura V. - Online Psychologist