# **Self-Assessment**

## The What’s My Attitude?

### **Chapter Resource**

Please refer to section [2.4 Communication Competence](https://ecampusontario.pressbooks.pub/communicationpsychology/chapter/2-4-communication-competence/) of *Psychology, Communication, and the Canadian Workplace*

Read the following items and choose whether you believe the statement is True or False.

1. People would describe me as unhappy.
	* True
	* False
2. I complain right away if there is something I don’t like.\
	* True
	* False
3. Being positive most of the time is far too unrealistic.
	* True
	* False
4. If I have a bad morning, the rest of my day is sure to be ruined.
	* True
	* False
5. I tend to think more about my weak points than my strong points.
	* True
	* False
6. I don’t give out compliments because I don’t want someone to get a big ego.
	* True
	* False
7. In the past two weeks, I have called myself depressed.
	* True
	* False
8. I worry too much about things I can’t control.
	* True
	* False
9. It takes a lot to make me happy.
	* True
	* False
10. When I experience a failure, I usually just stop trying.
	* True
	* False

Now, count the number of true and false answers. The more false answers you have, the better attitude you tend to have. If you have many true answers, what are some ways to help you change to a more positive attitude?

When considering our personality, values, and attitudes, we can begin to get the bigger picture of who we are and how our experiences affect how we behave at work and in our personal lives. It is a good idea to reflect often on what aspects of our personality are working well and which we might like to change. With self-awareness, we can make changes that eventually result in more effective communication and positive interpersonal relationships.

#### References

This assessment was adapted from:

[Chapter 1: What is Human Relations](https://saylordotorg.github.io/text_human-relations/s05-what-is-human-relations.html) in [Human Relations](https://saylordotorg.github.io/text_human-relations/index.html) by Saylor Academy under a [Creative Commons Attribution-NonCommercial-ShareAlike 3.0 License](https://creativecommons.org/licenses/by-nc-sa/3.0/)without attribution as requested by the work's original creator or licensor.