

Self-Assessment

The What's My Attitude?

Chapter Resource

Please refer to section [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

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