

STROKING QUESTIONNAIRE

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FROM SELF ASSESSMENT - TA FOR MANAGEMENT

FILL IN THE BLANK WITH THE NUMBER CORRESPONDING TO THAT WHICH BEST DESCRIBES YOU.

- I ___ am quick to praise a job well done.
- I ___ tell others what I like.
- I ___ enjoy complimenting others.
- I ___ like to help others feel good.

(1) Total - Giving Positive Strokes

- I ___ am quick to criticize a sloppy job
- I ___ tease those that I like.
- I ___ criticize what I don't like.
- I ___ am outspoken with my opinions.

(2) Total - Giving Negative Strokes

- I ___ feel comfortable when complimented.
- I ___ feel comfortable in front of a group.
- I ___ enjoy being bragged on.
- I ___ enjoy being physically "stroked".

(3) Total - Taking Positive Strokes

- I ___ accept criticism very well.
- I ___ listen intently when criticized.
- I ___ take teasing very well.
- I ___ try to follow the advice of others.

(4) Total - Taking Negative Strokes

- I ___ openly ask for praise.
- I ___ ask for reassurance when I am in doubt.
- I ___ openly ask for what I want.
- I ___ tell others when I've done something well.

(5) Total - Asking for Positive Strokes

- I ___ want others to offer help without my asking.
- I ___ hint for praise rather than ask for it.
- I ___ talk about my problems, troubles, or faults.
- I ___ expect people to listen to my accomplishments or what I've done.

(6) Total - Asking for Attention

- I ___ refuse to give unearned praise or insincere compliments.
- I ___ refuse to do for others what they can do for themselves.
- I ___ insist that others ask specifically for what they want.
- I ___ find it easy to say "no" to others.

(7) Total - Refusing to Give Positive Strokes

- I ___ allow interruptions when I am busy.
- I ___ avoid criticizing others.
- I ___ keep my anger and opinions to myself.
- I ___ try to be agreeable rather than argue a point.

(8) Total - Refusing to Give Negative Strokes

- 0 = NEVER
- 1 = RARELY
- 2 = SELDOM
- 3 = SOMETIMES
- 4 = OFTEN
- 5 = USUALLY
- 6 = ALWAYS



OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.