

Toxic Boss Quiz!

This is not a diagnostic tool just an indicator!

QUESTION 1

DO/DID YOU WORRY ALL WEEKEND ABOUT GOING INTO WORK ON MONDAY?

- A. All the time!
- B. Some of the time
- C. Never

X
X
X
X
X
X
X

X
X
X
X
X
X

X X X X X X

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QUESTION 2

DOES/DID YOUR BOSS SPEAK
OVER YOU IN MEETINGS?

- A. All the time!
- B. Some of the time
- C. Never



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QUESTION 3

DOES/DID YOUR BOSS TAKE CREDIT FOR YOUR AMAZING IDEAS?

- A. All the time!
- B. Some of the time
- C. Never



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QUESTION 4

**DOES/DID YOUR BOSS TREAT YOU
LIKE AN OFFICE JUNIOR?**

- A. All the time!
- B. Some of the time
- C. Never



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QUESTION 5

**DOES/DID YOUR BOSS DEMAND
TO KNOW EVERYTHING YOU ARE
DOING?**

- A. All the time!
- B. Some of the time
- C. Never



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QUESTION 6

IS/WAS YOUR CREATIVITY
STIFLED BY YOUR BOSS?

- A. All the time!
- B. Some of the time
- C. Never



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QUESTION 7

WHEN THEY ASK TO SEE YOU IN THEIR OFFICE, DO/DID YOU FEEL LIKE A CHILD GOING INTO THE HEADMASTERS OFFICE?

- A. All the time!
- B. Some of the time
- C. Never



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QUESTION 8

**DOES/DID YOUR BOSS
UNDERMINE YOU IN FRONT OF
OTHERS?**

- A. All the time!
- B. Some of the time
- C. Never



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QUESTION 9

DOES/DID YOUR BOSS HAVE FAVOURITES....

- A. All the time!
- B. Some of the time
- C. Never



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QUESTION 10

HAS YOUR SELF CONFIDENCE
BEEN ERODED?

- A. All the time!
- B. Some of the time
- C. Never



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ANSWERS

Mainly A :



You may well have or had in the past a Toxic Boss. This can damage self esteem and prevent you from realising your full potential ..even if it was some time ago.

It may be worth talking to a Coach or a Therapist to stop this bad experience taining your future.



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ANSWERS

Mainly B :



You may have or have worked for a Toxic Boss but have managed not to be too greatly affected by the experience.

You may want to explore this with a Coach or Therapist just to make sure that you have no residual after effects..



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ANSWERS

Mainly C :

- You do not show signs of having worked for a Toxic Boss...but you may know someone who has...

**This is not a diagnostic tool just a quiz ...
if you are concerned, always seek the help of
professionals.**

