



Are You Being Stepped On at Work? – 20 Question Quiz

Answer Yes or No to each of the following questions honestly. This quiz is designed to help you assess if you're being unfairly treated, overlooked, or even bullied in the workplace.

1. Do you regularly work unpaid overtime because you fear saying no?
2. Do colleagues or your boss take credit for your ideas or work?
3. Are you excluded from key meetings or projects without explanation?
4. Do you feel anxious or stressed before meetings with certain people?
5. Does your boss dismiss or ignore your concerns?
6. Do you receive unclear or constantly changing expectations?
7. Have you been the target of gossip or workplace rumours?
8. Do you feel your work is undervalued or unappreciated?
9. Are you publicly criticised or humiliated by colleagues or managers?
10. Do you feel forced to agree with others to keep the peace?
11. Have you been pressured into tasks outside your job description without support?
12. Are you given unrealistic deadlines regularly?
13. Do you experience passive-aggressive behaviour from colleagues?
14. Do you feel isolated or left out by your team socially or professionally?
15. Do you feel colleagues are competing with you in unhealthy ways?
16. Have you noticed your mental or physical health decline due to work stress?
17. Do you feel you must over-explain or justify everything you do?
18. Do you worry about retaliation if you speak up about problems?
19. Do you feel trapped in your job due to fear of losing income?
20. Do you dread going to work most mornings?

Scoring:

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Give yourself 1 point for every 'Yes' answer. Then, add up your total score and use the guide below

to interpret your results:

0–3 Points	Healthy situation – you likely have normal workplace stress and manageable challenges.
4–7 Points	Mild concern – you're under some pressure, but there are steps you can take to set limitations
8–12 Points	Moderate concern – you may be experiencing unfair treatment or early signs of bullying
13–16 Points	High concern – this may now be affecting your mental health or career development.
17–20 Points	Critical – this could be severe bullying or a toxic work culture. It