

Assertiveness

Am I Assertive?

Assertiveness is the ability to express your wishes and beliefs in a positive way. Too little assertiveness can make you a doormat. Too much, and we can be bossy and aggressive. Think of a time when you were a doormat.

What happened? _____

What did you do? _____

How did you feel? _____

Now, think of a better way to handle that situation in the future. Write a better response and practice it. Think of a time when you were too bossy.

What happened? _____

What did you do? _____

How did you feel? _____

Now, think of a better way to handle that situation in the future. Write a better response and practice it.

