**Handouts**

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| Title of activity | Am I Assertive? |

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| ASSERTIVENESS EXAMPLE SHEET |
| *Consider a given situation and analyse it below based on various responses that you can give.*  ***Situation***  *My friend keeps borrowing my books and never returns them.*  ***Aggressive Response***  ***Your response****:*  *I will never lend you another one!*  ***Positive outcome:***  *I would not lose my books.*  ***Negative feelings:***  *I feel bad that I might hurt my friend’s feelings or even lose a valuable relationship over a simple book.*    ***Submissive/Passive Response***  ***Your response:***  *I will ignore it. It’s only a book.*  ***Positive outcome:***  *I keep my friend happy. He has the book and won’t hear a complaint from me.*  ***Negative feelings:***  *I lost my books which costs me. I also need them as reference but now I cannot use them.*    ***Assertive Response***  ***Your response****:*  *I lend you several of my books and I am happy to lend more to you. I understand that you may not have had enough time to read them. I use many of them as reference and I need them back. I appreciate if you can return them soon after I give them to you.*  ***Positive outcome:***  *My friend now understands that I need the books back and I will get to keep my friend.*  ***Negative feelings:***  *I feel good now but I understand being assertive requires courage, planning and skill.* |

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| ASSERTIVENESS SHEET |
| *Consider a given situation and analyse it below based on various responses that you can give.*  ***Situation:***     |  | | --- | |  |   ***Aggressive Response***   |  |  | | --- | --- | | *Your response* |  | | *Positive outcome* |  | | *Negative feelings* |  |     ***Submissive/Passive Response***     |  |  | | --- | --- | | *Your response* |  | | *Positive outcome* |  | | *Negative feelings* |  |   ***Assertive Response***   |  |  | | --- | --- | | *Your response* |  | | *Positive outcome* |  | | *Negative feelings* |  | |