**Handouts**

|  |  |
| --- | --- |
| Title of activity | Am I Assertive?  |

|  |
| --- |
| 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.* |

|  |
| --- |
| 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*  |  |

 |