

## 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:**

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### **Aggressive Response**

<i>Your response</i>	
<i>Positive outcome</i>	
<i>Negative feelings</i>	

### **Submissive/Passive Response**

<i>Your response</i>	
<i>Positive outcome</i>	
<i>Negative feelings</i>	



## ***Assertive Response***

<i>Your response</i>	
<i>Positive outcome</i>	
<i>Negative feelings</i>	

