

# ASSERTIVE COMMUNICATION WORKSHEET

**Purpose:** Being assertive means being self-assured and confident without coming off as aggressive. It's an important asset for someone seeking to improve their self-esteem.

Use this worksheet to document instances where you practiced assertive communication. Be sure to record the emotion you felt after. For someone who is not naturally assertive, the first few times may be challenging. However, like any skill, repeated practice will make it much easier.

You got this!

1. I asked a friend to stop making offensive comments about my hair.

Emotions: Relief, gratitude, happiness

2. I calmly explained my expectations to an employee who was slacking off.

Emotions: Patience, relief, confidence

3. I told a friend how it made me feel when he constantly flaked out on me.

Emotions: Love, confidence, patience

<b>Passive</b>	<b>Assertive</b>	<b>Aggressive</b>
My needs are not important	My needs are as important as everyone else's	Only my needs matter
Not being heard	Easy flow of talking and listening	Talking over others
You are okay, I'm not	I'm okay and you are okay	I'm okay and you are not
I tend to give in	I tend to compromise	I tend to take over
I allow myself to be bullied	I stand up for myself	I bully others
I am reluctant to share my true thoughts	I find it easy to share my true thoughts	When expressing myself I can shout or become aggressive
I try to keep the peace	I try to make things fair	I look after myself



1. \_\_\_\_\_

Emotions: \_\_\_\_\_

2. \_\_\_\_\_

Emotions: \_\_\_\_\_

3. \_\_\_\_\_

Emotions: \_\_\_\_\_

4. \_\_\_\_\_

Emotions: \_\_\_\_\_

5. \_\_\_\_\_

Emotions: \_\_\_\_\_

6. \_\_\_\_\_

Emotions: \_\_\_\_\_





1. \_\_\_\_\_

Emotions: \_\_\_\_\_

2. \_\_\_\_\_

Emotions: \_\_\_\_\_

3. \_\_\_\_\_

Emotions: \_\_\_\_\_

4. \_\_\_\_\_

Emotions: \_\_\_\_\_

5. \_\_\_\_\_

Emotions: \_\_\_\_\_

6. \_\_\_\_\_

Emotions: \_\_\_\_\_





1. \_\_\_\_\_

Emotions: \_\_\_\_\_

2. \_\_\_\_\_

Emotions: \_\_\_\_\_

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Emotions: \_\_\_\_\_

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Emotions: \_\_\_\_\_

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Emotions: \_\_\_\_\_

6. \_\_\_\_\_

Emotions: \_\_\_\_\_





1. \_\_\_\_\_

Emotions: \_\_\_\_\_

2. \_\_\_\_\_

Emotions: \_\_\_\_\_

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Emotions: \_\_\_\_\_

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Emotions: \_\_\_\_\_

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Emotions: \_\_\_\_\_

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Emotions: \_\_\_\_\_



1. \_\_\_\_\_

Emotions: \_\_\_\_\_

2. \_\_\_\_\_

Emotions: \_\_\_\_\_

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Emotions: \_\_\_\_\_

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Emotions: \_\_\_\_\_

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Emotions: \_\_\_\_\_

6. \_\_\_\_\_

Emotions: \_\_\_\_\_