

Assertiveness Worksheet

Assertiveness can help you control stress and anger and improve coping skills. Assertiveness can help you express yourself effectively and stand up for your point of view, while also respecting the rights, beliefs and opinions of others. Being assertive can also help boost your self-esteem and earn others' respect.



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What does being assertive mean to you? Please explain your answer.



Can you add what underpins assertiveness?



Can you be too assertive? How could that be avoided?



How do you make sure you're assertive but not aggressive, rude or bossy?

Name

.....

Date

.....



✖ Is assertiveness something you need at school, at work or both? And why?

✖ Can you guess what the three 'C's' of Assertive Communication are?

✖ Can you give an example of when you have been assertive?

Read the following two statements and rate, on a scale of 1 - 10, how assertive they are and why? Make these scenarios into a discussion.

1 "I've been feeling frustrated about doing most of the chores around the house. I understand that you're busy, but I need help. How can we make this work?"

2 "I'm having a hard time sleeping when your music is playing. What if you use headphones, or I can help you move the speakers to another room."

✖ How could you improve the above responses?
