



LOOKING BACK: A Self-Reflection

Assertiveness Worksheet

PASSIVE OR AGGRESSIVE?

List a few situations where you have been in disagreement with friends or family members. Depending on how you dealt with that situation, circle either “passive” or “aggressive.” Then, depending on the outcome, circle either “positive” or “negative.”

1. _____ (circle) passive/aggressive | (circle) positive/negative
Why do you consider your behavior passive or aggressive?

2. _____ (circle) passive/aggressive | (circle) positive/negative
Why do you consider your behavior passive or aggressive?

3. _____ (circle) passive/aggressive | (circle) positive/negative
Why do you consider your behavior passive or aggressive?

4. _____ (circle) passive/aggressive | (circle) positive/negative
Why do you consider your behavior passive or aggressive?

HOW DO YOU RESPOND?

In situations where disagreement exists, what is your normal pattern of response? Do you confront others constructively? Do you verbally attack them? Do you internalize by not responding? Do you listen more?

Whatever the answer, are you respecting your own needs? Write your thoughts here:

