



MOVING AHEAD: The Challenge

Assertiveness Worksheet

CHANGING YOURSELF FOR THE BETTER

Concerning your answers in items 1 to 4 of the self-reflective worksheet, for negative outcomes, what could you have done differently to influence a more positive outcome? Is there anything you can do to prevent a negative response in future situations? List a few possible solutions for each:

1. _____
2. _____
3. _____
4. _____

If you think you've exhibited passive or aggressive behavior in the past, what can you do to change your patterns of communicating?

What are the thoughts that might keep you from being assertive? Are you afraid you might hurt someone's feelings? Are you afraid you might not get your way or feel in control? Write your thoughts below:

Identify some healthier thoughts that could help you to be more assertive.

