

Being Assertive-Not Passive and Not Aggressive Worksheet

1. WHY SHOULD YOU CARE about being a good speaker/Listener?

Relationships are one of the most important things in life! Listening and speaking are a HUGE part of being a good communicator in your relationships. This is something that can be taught and learned, and with practice, you will be on your way to healthy relationships with family and friends, good negotiating skills, successful job interviews, positive interaction with coworkers, success as a business leader, and friendly interactions with anyone you meet!

2. Take the “Assertiveness” Survey. This is personal and you do NOT need to turn it in, but you will be using ideas from your survey to learn more about yourself, so be sure to take it!

3. AFTER you take the survey, Read this:

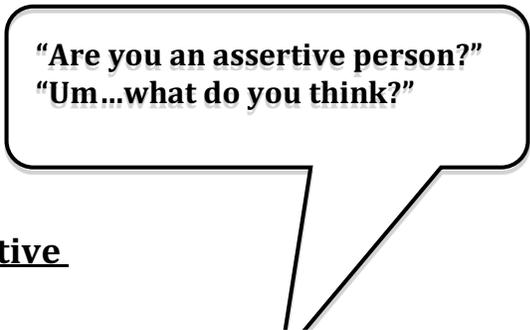
WHY SHOULD YOU CARE about being assertive rather than aggressive?:

The problem with being **passive** is that you can be pushed around, or controlled. Teens who are passive may be talked into unhealthy behaviors.

An assertive teen will stand up for their beliefs, even under pressure. An assertive person problem-solves rather than trying to force or control others, or lash out in anger to get their way (this is aggressive behavior.) The problem with being **aggressive** is that you will sacrifice relationships to get what you want (often in the form of control, revenge, jealousy, and selfishness) and those traits hurt relationships!!

4. Now, on your survey circle #: 1, 2, 3, 4, 10, and 11. If you got a 1 or 2 on any of these questions, you may be too passive. READ THE “**TOO PASSIVE**” suggestions on the back.

5. Now, on your survey circle #: 5, 6, 9, and 12. If you got a 1 or 2 on any of these questions, you may be too aggressive. READ THE “**TOO AGGRESSIVE**” suggestions



“Are you an assertive person?”
“Um...what do you think?”



on back. THEN WRITE YOURSELF AT LEAST 1 TIP ON THE BOTTOM OF THE PAGE!

TOO PASSIVE Tips to improve Assertiveness:

(Questions #: 1, 2, 3, 4, 10, 11)

- Take baby steps to speak up!
 - Believe that your opinion matters and stick to it.
 - Take a risk!
 - Talk about things that are bugging you and/or ask for what you need.
 - Start saying “No” and don’t feel bad about it!
 - Take a chance and talk in group discussions (Start small...)
 - Tell others if what they are doing bothers you (You have a right to your feelings too!)
 - THINK “I’M WORTH IT!” (Positive self-esteem starts with good thoughts about yourself!)
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TOO AGGRESSIVE Tips: (Questions #: 5, 6, 9, 12)

- Control your anger and frustration and be able to talk about it to others
- If getting angry, have a few handy “Reminder Statements” like “I can handle this,” or “It’s just so and so,” or “It won’t matter a month from now.”
- Find ways to cool down in the heat of the moment (Remember anger hurts others)
- Don’t blame others, see your own faults and use “I” statements
- Be in charge of your own thinking – don’t give others the control over your emotions to “make you mad.”
- If you make a mistake, admit it and make it right!!
- Problem-solve and compromise with people
- Remember that just because someone is different, or has a different opinion doesn’t make them wrong or less worth of respect than you.



ONE TIP FOR ME IS:

Graphics By:
<https://pixabay.com>

Name: _____

Per: _____

Assertiveness Answer the questions below honestly using this scale:

<http://www.tgassociates.com/freetipsheets/HO-assertquiz.asp>

Almost Always - 5 Often - 4 Sometimes - 3 Seldom - 2 Never - 1

- ____ 1. I can ask others to do things for me without feeling guilty or nervous.
- ____ 2. When someone asks me to do something I don't want to do, I say "no" without feeling guilty.
- ____ 3. I am comfortable speaking in a group discussion in class at school.
- ____ 4. I feel confident to express my honest opinions to others.
- ____ 5. When I experience anger, frustration, or disappointment, I can talk about it to others.
- ____ 6. When I express anger, I do it without blaming others for "making me mad."
- ____ 7. I am comfortable speaking up to a person in authority like a teacher, an employer, or a cop.
- ____ 8. If I disagree with the majority opinion in a class, I can "stick to my guns" without feeling uncomfortable or being too forceful about it.
- ____ 9. When I make a mistake, I can admit it.
- ____ 10. I can tell others when their behavior creates a problem for me.
- ____ 11. Meeting new people in social situations is something that is easy and comfortable for me.
- ____ 12. I can discuss my beliefs without labeling the opinions of others as ridiculous or stupid.
- ____ 13. I assume that most people can be trusted and I will ask them to do tasks if needed.
- ____ 14. When considering doing something I have never done, I feel confident I can learn to do it.
- ____ 15. I believe my needs are as important as other peoples and I'm entitled to have my needs met.

_____ **TOTAL SCORE WHAT YOUR SCORE MEANS - HOW ASSERTIVE ARE YOU?????:**

60 or higher: SUPER ASSERTIVE!! - Great, you handle most situations extremely well.

45 – 60: FAIRLY ASSERTIVE – In some situations you are naturally assertive and in others you may be too passive or too aggressive. (see tips on the back of this sheet)

30 – 45: YOU NEED TO WORK ON BEING MORE ASSERTIVE – Your answers were either passive or aggressive. You can change! (see tips on the back of this sheet)

15 – 30: DIFFICULTY BEING ASSERTIVE – Your answers may have been passive or aggressive, but you can change! You need to learn to practice some of the tips provided on the back of this sheet

WHY SHOULD YOU CARE?: The problem with being passive is that you can be pushed around, or controlled. Teens who are passive may be talked into unhealthy behaviors... An assertive teen will stand up for their beliefs, even under pressure. An assertive person problem-solves rather than trying to force or control others, or lash out in anger to get their way (this is aggressive behavior) Aggression (often in the form of control, revenge, jealousy, and selfishness hurts relationships!!