

## Assertiveness Review

Assertiveness, like many of our behaviors, can become a habit. It is, therefore, helpful to reflect upon the situations we find ourselves in and how we would like to react in the future.

Use the questions below to think about when and how you would like to be more assertive.

Complete the following boxes (modified from Paterson, 2000):

**Briefly describe three situations where you would like to be more assertive:**

1.	
2.	
3.	

**Next, describe the following:**

I am typically most passive when...
I am typically most aggressive when...

I fear most from being assertive that...

The three people in my life I feel most difficult in being assertive with are:

- 1.
- 2.
- 3.

I am quite successful at being assertive when:

Completing each section helps you better understand your habits and typical behavior regarding assertiveness. The answers can offer insight into where you need to focus attention and work to become more assertive.

## References

- Paterson, R. J. (2000). *The assertiveness workbook: how to express your ideas and stand up for yourself at work and in relationships*. New Harbinger Publications.

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