

Challenging Assertiveness Interactions

It can be helpful to review and reflect on how we behave and respond to difficult and awkward situations. When we are calm and rational, we often gain fresh insight into how we reacted and how we might do so differently in the future.

Use the following boxes to capture an event and categorize your response.

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

What was the date, time, and location?

Who was the person, and what was the situation?

How did I respond?

Label my response (assertive, passive, aggressive, or passive-aggressive):

How did I feel afterward?

How could I have reacted differently? Or how would I like to respond in future?

Visualizing and thinking through an event—that possibly took us by surprise—can help us become more ready for a similar one in the future.

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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