

## Typical Assertiveness Responses

We often find ourselves responding to people with standard (sometimes unthinking) responses. It can feel as if acting differently would surprise them and feel uncomfortable for both parties. After all, they know how we typically respond.

Use the questions below to consider three people in your lives who may be surprised or even alarmed if you responded assertively.

Consider three people and answer the following for each one (modified from Paterson, 2000):

### Person 1

Name of the person.	
How do they expect you to respond?	
In what situation would you like to respond differently to them?	
How would you like to react, and what would you say?	
What will their response be?	

**Person 2**

Name of the person.	
How do they expect you to respond?	
In what situation would you like to respond differently to them?	
How would you like to react, and what would you say?	
What will their response be?	

### Person 3

Name of the person.	
How do they expect you to respond?	
In what situation would you like to respond differently to them?	
How would you like to react, and what would you say?	
What will their response be?	

Reflect that some of these people may not be supportive of you responding assertively.

### 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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