

Wants Into Words

When our self-esteem is low, it can be difficult to ask for what we want or need.

The following questions help you prepare in advance by constructing an assertive request (modified from McKay & Fanning, 2016):

Who do you want something from?

From:

What do you want the other person to do? Be exact.

I want:

When is the deadline for getting what you want?

When?

Is there a precise location involved?

Where?

Is there anyone else involved?

Who?

By completing the above boxes, you will produce a clear and exact request that makes negotiation easier and arguments less likely.

For example:

I want John to tell me the real reason why I wasn't invited to the departmental presentation in our catch-up meeting tomorrow morning.

Complete your assertive request:

References

- McKay, M., & Fanning, P. (2016). *Self-esteem*. CA: New Harbinger.