

Being ASSERTIVE is standing up for yourself and what you believe in, and doing so in a way that's fair and respectful. Don't be afraid to let others know how you feel and what you want, but always remember that they want things and have feelings, too!

To help simplify it, think of this: for any situation, there are three basic ways to respond: Passively, Aggressively, or ASSERTIVELY. Below, there are three general situations where you can have the opportunity to be ASSERTIVE. For each one, come up with a specific situation (or story), then resolve the situation (tell the story) with a Passive ending, an Aggressive ending, and an ASSERTIVE ending...

#1: Someone is using something you want, and it's the only one

Passive ending: _____

Aggressive ending: _____

ASSERTIVE ending: _____

#2: You're using something that someone else wants to use, and they want to use it now

Passive ending: _____

Aggressive ending: _____

ASSERTIVE ending: _____

#3: Someone wants you to do something you don't think is right

Passive ending: _____

Aggressive ending: _____

ASSERTIVE ending: _____