

Assertiveness Exercise

Directions: Find the need for each scenario and develop an assertive statement using a single disarming statement or a combination.

1. You're at work and you need something copied from the copier. Every time you go to the copier your co-worker jumps up and says he'll copy it because he knows how to run the copier correctly. It would take a whole lot less time if you could make the copy yourself.

Identify the need: _____

Choose the disarming statements: _____

Form an assertive statement: _____

2. You have worked at your company for several months and you feel you should get a raise. The boss told you he would talk to you about it later but it has been a whole month.

Identify the need: _____

Choose the disarming statements: _____

Form an assertive statement: _____

3. Your boss told you to drive the company truck but instead you allowed your co-worker to drive it. He starts goofing off on the job site and puts a dent in the truck. Back at the office your boss accuses you of putting the dent in the truck.

Identify the need: _____

Choose the disarming statements: _____

Form an assertive statement: _____

4. Your car has been making strange noises. You take it to the mechanic to have it fixed. He says that he fixed it but the noise starts up a week later so obviously he didn't.

Identify the need: _____

Choose the disarming statements: _____

Form an assertive statement: _____

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Directions: Find the need for each scenario and develop an assertive statement using a single disarming statement or a combination.

1. A member at Church has found out some of your dirty laundry. She starts telling her circle of friends about it and you want it to stop!

Identify the need: _____

Choose the disarming statements: _____

Form an assertive statement: _____

2. Your wife is constantly making you late for appointments and events. Everywhere you go the two of you are the center of attention because you're the last to walk in.

Identify the need: _____

Choose the disarming statements: _____

Form an assertive statement: _____

3. Your kids always want money for the movies, new clothes, and sporting events. You can't afford to pay for all the extras when they are capable of getting jobs.

Identify the need: _____

Choose the disarming statements: _____

Form an assertive statement: _____

4. Your co-worker is always trying to tell you the best way to do something. You rarely agree and usually end up doing it differently. Eventually, she gets frustrated with you and says, "I would give you advice but you never take it anyways."

Identify the need: _____

Choose the disarming statements: _____

Form an assertive statement: _____
