



ASSERTIVENESS TRAINING WORKSHEET

HUNT YOUR *bold moves*

Below is a list of behaviors associated with assertiveness. Circle the behaviors you would like to work on to become more assertive. Consider which behaviors resonate with you and align with your personal goals for assertiveness.

Speaking up for yourself confidently

Setting and communicating boundaries

Saying "no" when necessary without feeling guilty

Expressing your opinions and beliefs openly

Standing up for yourself in challenging situations

Asking for what you need or want

Assertive body language (maintaining eye contact, using open posture)

Handling criticism or feedback calmly and assertively

Advocating for your rights and interests

Assertively negotiating or compromising in conflicts

Which assertive behaviors did you choose to circle?

Why did you select these particular behaviors?

How do you envision incorporating these assertive behaviors into your daily life?

What steps will you take to practice these assertive behaviors over time?



SEARCHING

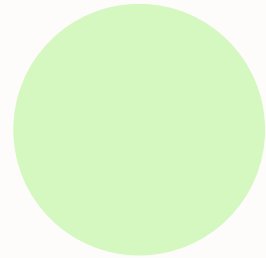
role models

Think about assertive role models from literature, film, or real life. Write down the names of three assertive individuals you admire and the qualities that make them effective role models for assertiveness.

1

ASSERTIVE ROLE MODEL 1

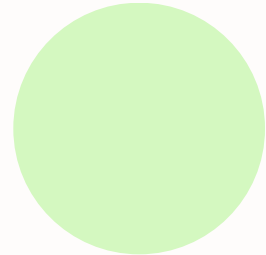
Qualities:



2

ASSERTIVE ROLE MODEL 1

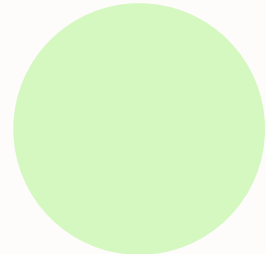
Qualities:



3

ASSERTIVE ROLE MODEL 1

Qualities:



What common traits do assertive role models share?

How can you incorporate these traits into your own assertiveness skills?

What lessons can you learn from assertive role models to enhance your communication style?



The Mind Garden
bloom where you're planted

SCRIBBLE

the journey

Take a few minutes to reflect on a recent situation where you wished you had been more assertive. Write about the scenario, including who was involved, what happened, and how you responded. Then, identify one assertive action you could have taken in that situation and describe how you would handle it differently next time.