Assertive Communication Worksheet

Name: _____ Date: _____ dd / mm / yyyy

Write down the indicators of assertive communication under each of the headings - what might assertive communication look like?

Body language:

Eye contact:

Voice:

Speech content:

Think about 5 scenarios where you could have been more assertive. Describe what happened, and apply the above characteristics to explore how you could have reacted.

Scenario 1:

Revised assertive scenario 1:

Scenario 2:

Revised assertive scenario 2:

Scenario 3:

Revised assertive scenario 3:

Scenario 4:

Revised assertive scenario 4:

Scenario 5:

Revised assertive scenario 5: