Assertive, Passive, Aggressive Sort

Write a recent hard moment in each box. Notice your default style.

Name: _____ **Date:** _____

Passive

I stayed quiet or over apologized

_____

_____

_____

Aggressive

I pushed, blamed or talked over

_____

_____

_____

Passive aggressive

I agreed, then stalled or jabbed

_____

_____

_____

Assertive

I was clear and respectful

_____

_____

_____

My rights checklist (circle what I want to claim)

- ☐ Ask for what I need
- ☐ Change my mind
- ☐ Have my own opinion
- ☐ Take time to decide
- ☐ Say no without a long speech
- ☐ Make mistakes and repair
- ☐ Be treated with respect
- ☐ Be in a non abusive space

Myth I believed → fairer belief: _____

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Assertive Ask / Assertive No Builder

Keep it short. Facts, feeling, request or limit. Then one broken record line.

Name: _____ **Date:** _____

The situation (who, where, what happened): _____

My assertive script

1. **I feel:** _____
2. **when (facts only):** _____
3. **because:** _____
4. **I would like / I need / I can't:** _____

Broken record line (repeat if pressed)

_____

_____

Fogging / fair part I can agree with: _____

Body language plan (voice, posture, place): _____

If they say no, or push back, I will:

_____

_____

_____

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Assertiveness Practice Log

Log the try, not only the win. A clear ask that got a no still counts.

Name: _____ **Date:** _____

Practice log

Situation	What I said	What happened	Next try

8 practice cards (role play or real life)

1. Ask a coworker for a deadline change
2. Say no to an extra weekend task
3. Tell a friend you need earlier plans
4. Ask a partner for help with a chore
5. Send food back or correct an order
6. Ask a doctor one more question
7. Tell a relative a topic is off limits
8. Exit a group chat pile on kindly

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