

Assertiveness Worksheet

1. What is one situation you want to become more assertive in?

2. What unassertive behaviors are you using?

3. What would a more assertive behavior be in this situation?

4. What fear are preventing you from asserting yourself?

4. What's the worst that can happen if you became more assertive? How can you cope with that?

Rate your assertiveness in each area of your life on a scale from 0 to 10 with 0 being “you cannot assert yourself” and 10 being “you can assert yourself with no problem.”

	Saying No	Asking for help	Expressing a different opinion	Expressing anger	Expressing affection	Giving compliments	Giving criticism	Stating your needs
Family								
Friends								
Romantic partner								
Coworkers								
Employers								
Strangers								
Other: _____								

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