

# Assertiveness Worksheet

## Page 1

What was a situation in the past where I feel I should have been more assertive?

What did my lack of assertiveness cost me?

What current situations do I feel I need to be more assertive?

What current situations cause me to be in passive style?

What current situations cause me to be in aggressive style?

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What am I afraid of?

What current situations am I adequately assertive?

How has that paid off for me?

Who in my life is it hardest to be assertive with?

What has that cost me?