Am I Assertive?

Assertiveness is the ability to express your wishes and beliefs in a positive way.

Too little assertiveness can make you a doormat. Too much, and we can be

bossy and aggressive.

Think of a time when you were a doormat. [](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwiAt8Wtw4TLAhVG6mMKHQ5RANQQjRwIBw&url=http://www.hsn.com/products/extra-thick-coconut-fiber-doormat-border/7797851&bvm=bv.114733917,d.cGc&psig=AFQjCNHZNlC-P5a2Hl32ZCVkqgYtfXZixw&ust=1455995249828318)

What happened? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What did you do? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How did you feel? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Now, think of a better way to handle that situation in the future. Write a

better response and practice it.

Think of a time when you were too bossy. [](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwizitXxw4TLAhUCxmMKHZTkDTMQjRwIBw&url=http://www.123rf.com/stock-photo/bossy.html&bvm=bv.114733917,d.cGc&psig=AFQjCNEgmrX-YR8KoDmT5DPeUmgDzQiTKQ&ust=1455995448040501)

What happened? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What did you do? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How did you feel? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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