

'Discontent is the first step in progress'

– Chinese proverb –

Write down 10 situations from any area of your life in which you would like to be more assertive (home, work, public, friends).

When you have the list in front of you, write down next to each situation how you behave now (passive, aggressive, both). You may find you need to write down more than

one category if you respond differently at different times.

Look at the list and see if you can arrange it in order of difficulty. Find the situation which you can almost handle assertively but not quite and number it 1 – the most difficult situation will be numbered 10.

EXAMPLE LIST

1 Ask the lodger to put top on toothpaste. (<i>Passive</i>)
2 Ask children to tidy up their bedrooms. (<i>Aggressive</i>)
3 Ask my sister to return the cassette recorder that she borrowed. (<i>Passive</i>)
4 Tell neighbours to keep noise down at night (<i>Passive/aggressive</i>)
5 Tell wife when I feel I want to be left alone. (<i>Aggressive</i>)
6 Tell Mum how much I like her and give her a cuddle. (<i>Passive</i>)
7 Tell my mother-in-law that I do not want her to smoke cigarettes in my house. (<i>Passive</i>)
8 Apologise to a colleague for snapping at her the other day. (<i>Passive</i>)
9 Delegate teaching commitments to a colleague for next six months. (<i>Passive</i>)
10 Ring the bank manager and tell him I need more time to make up my mind. (<i>Passive</i>)

YOUR LIST

1
2
3
4
5
6
7
8
9
10

Order of difficulty: 1 Easiest → 10 Most difficult.