

'To feel brave, act as if you were brave'

– William James –

The following is a list of behaviour assignments or homework exercises which will prove useful in increasing your level of assertiveness. Choose an assignment which would be moderately difficult and set a deadline to do it. If you haven't done it by that time, either assume it was too difficult and choose another task, or alternatively, introduce a reward or incentive for doing it by another specified time.

1 Say 'good morning' to somebody to whom you do not usually speak.

2 Stop two people in the street and ask for directions.

3 Go into an expensive shop, try on a number of articles of clothing, but buy nothing.

4 Go into a shop and ask if they will give you change for a five pound note.

5 Pay a compliment to a waitress, shop assistant or fellow-worker.

6 Without expecting a response, make a comment to the person next to you in a queue, or on a bus.

7 Buy something from a shop and then deliberately return it, saying, 'I've changed my mind'.

8 Deliberately touch someone you like on the arm or shoulder.

9 Tell your spouse or close friend something personal about yourself that you have never told anybody before.

10 Make a point of telling a joke or a funny story to a friend.

11 Ask somebody you know, 'How are you today?' and deliberately take an interest; try to draw them out and find out how they are feeling.

12 Make a point of telling somebody how you are feeling, and/or what you have been doing recently.

13 Tell somebody that you like something about their appearance, for example, 'I like that tie'.

14 Tell somebody close to you something that has been irritating you about them which you haven't ever mentioned before.

15 Ask someone for a favour in a direct way.