## **Asserting Yourself**

- 1. "Assertive" means to try to get what you want without hurting others.
- 2. Decide if you need to be assertive.
  - a. Someone is asking you to do something that is dangerous or makes you feel bad.
  - b. You want or need someone to do something.
- 3. Tell the other person what you want in an assertive way.
  - a. Use a firm but friendly voice, make eye contact, and show good posture.
  - b. Use an "I" statement:

"I feel	
when you	
because	
What I want you to do is	.,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,

	Practice	
Who will I try this with?		
When?		
What happened?		
How did I do?		

Jed E. Baker, Social Skills Training for Children and Adolescents with Asperger Syndrome and Social-Communication Problems, 2003. Shawnee Mission, KS: Autism Asperger Publishing Company; www.asperger.net