

## 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 \_\_\_\_\_."

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### Practice

Who will I try this with? \_\_\_\_\_

When? \_\_\_\_\_

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

\_\_\_\_\_

How did I do? \_\_\_\_\_