

Assertiveness with Other People

Behaviors vary in different situations and with different people. Because of relationships and other influences, assertive behaviors may or may not be communicated. This listing will help to identify where passive or aggressive behaviors need adjustment.



Determine whether you behave assertively, aggressively, or passively with different people. (Review characteristics chart.) Record A, B, or C in front of each.

(A) Assertive

(B) Aggressive

(C) Passive

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| _____ 1. Parents | _____ 9. Employees |
| _____ 2. Strangers | _____ 10. Relatives |
| _____ 3. Spouse | _____ 11. Business clients |
| _____ 4. Co-workers | _____ 12. New acquaintances |
| _____ 5. Classmates | _____ 13. Friends |
| _____ 6. Boss | _____ 14. Phone or door-to-door
solicitors |
| _____ 7. Sales help | _____ 15. Elders |
| _____ 8. Children | |

Review your responses. Do you see a pattern of more A's, B's, or C's? How can you change interactions with others to achieve more A's? Star the B's and C's that you consider to be stressful. Now review and label those 3 - 5 people with whom you want to improve your style of communication.