

My Practice L.A.D.D.E.R.

Decide on a situation where you'd like to be more assertive, then fill in the L.A.D.D.E.R. below.

Situation:

1. **L**ook at... _____

2. **A**rrange... _____

3. **D**efine... _____

4. **D**escribe... _____

5. **E**xpress/Explain... _____

6. **R**einforce... _____

Preparing to be Assertive

Now that you've practiced the L.A.D.D.E.R. technique, choose a situation that will be easy to carry out. Begin by identifying the who, what, where and when of the situation. Plan on reporting the outcome to another person.