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## How To Be Assertive

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**assertiveness:** using intentional word choice and actions for more positive communication of your thoughts & feelings

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### How To Form An Assertive Statment:

I feel \_\_\_\_ when you \_\_\_\_.

I would prefer if you \_\_\_\_.

If you \_\_\_\_, I will need to \_\_\_\_.

I do not understand. I heard you say \_\_\_\_ but now \_\_\_\_.

No, I am not able to \_\_\_\_\_. Thanks anyways.

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### Examples of Assertive Statements:

I know that you are tired, but I need you to get up and take out the dog.

When you do not take out the garbage, I feel like you do not care about our home and me.

It is my understanding that we were going to cut back on spending. I hear you say that you want to buy a new car. I am confused and would like us to work on a budget.

If you choose to stay out past your curfew, I will need to take away your car keys and technology privileges.

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### Practice writing your own assertive statements: