

WHAT IS ASSERTIVE BEHAVIOR?*



Handout

1. Asking for what you want but not being demanding.
2. Expressing feelings.
3. Genuinely expressing feedback or compliments to others and accepting them.
4. Disagreeing, without being aggressive.
5. Asking questions and getting information from others.
6. Using "I" messages and "I feel" statements without being judgmental or blaming.
7. Making eye contact during a conversation (unless this is inappropriate in the person's culture).

EXAMPLES:

1. "Can you give me some feedback about how I handled the kids' homework tonight?"
2. "I feel embarrassed when you tease me about my weight in front of my friends."
3. "Mom, I know you want us to call more often, but I don't think you realize how busy we both are."
4. "Corey, I just saw your report card and I'm concerned. Let's sit down and talk about this together."
5. "Sarah, I'd like to talk about this later after we've both cooled off."
6. Look the person in the eye and say, "I really care about you, let's work this out."

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