

HANDOUT: Become Assertive

Category	Subcategory	Group size	Duration	Language
Social Learning	Aggression (Emotional Intelligence)	Individual Small group	60 min	EN

1. Think of a time and situation(s) when you were not determined enough.

What happened? _____

What did you do? _____

How did you feel? _____

2. Now, think of a better way to handle a possible similar situation in the future. Write down the better response and practice it. If it is possible to work in a group, then make a role-play or/and simulation of a possible future event.

3. Think of a time when you were strict or aggressive in communication.

What happened? _____

What did you do? _____

How did you feel? _____

4. Now, think of a better way to handle that situation in the future. Write a better response and practice it. If it is possible to work in a group, then make a role-play or/and simulation of a possible future event.

If the activity is part of a small group training, then follow the overall discussion about the importance of assertiveness in our daily communication with others, by recognizing and appreciating other's needs, as well our own, and find an assertive way to build healthy boundaries.

5. Discussion

6. Conclusions/outcomes can be done as a group poster.

- 7.