

# How To Be Assertive

W \_\_\_\_\_

I \_\_\_\_\_

M \_\_\_\_\_

P \_\_\_\_\_

1. Confront \_\_\_\_\_

a. Show \_\_\_\_\_

b. Describe \_\_\_\_\_

c. Explain \_\_\_\_\_

2. Dos & Don'ts

a. Lose \_\_\_\_\_

c. Stand \_\_\_\_\_ and

b. Make \_\_\_\_\_ maintain \_\_\_\_\_

d. Use \_\_\_\_\_

e. Own \_\_\_\_\_

3. Stay \_\_\_\_\_

a. Consider \_\_\_\_\_ & \_\_\_\_\_

4. Just \_\_\_\_\_

a. Say \_\_\_\_\_

b. Repeat \_\_\_\_\_

c. Explain \_\_\_\_\_

Closing Thought

Continue honestly expressing \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_