

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 _____
