

# Assertive Behavior

1. Three methods of communication are aggressive, passive and assertive. Give an example of each.

Aggressive: \_\_\_\_\_

Passive: \_\_\_\_\_

Assertive: \_\_\_\_\_

2. In the following situations, which person is acting assertive, passive, or aggressive?

A. Tom and Melinda have just come home from work. Their twin four-year-old daughters and six-year-old son are running throughout the apartment like little banshees. Tom is hungry and tired. He had an argument with his boss at work and can't quit thinking about it. He shouts at the kids to calm down and yells at Melinda to start dinner. When Melinda tries to explain that she's tired too, he gets right in her face and tells her to shut up with her whining and start dinner if she knows what's good for her. The kids begin to cry and the six-year-old runs to his room crying. Melinda retreats from Tom and quietly begins preparing dinner.

B. Josh and Selena come home from a night out on the town. They've argued since leaving the club. One of Selena's girlfriends was hitting on Josh all night. She's angry because he did nothing to discourage her nor did he do anything to encourage her. Selena is on a rant. She screams and accuses Josh of not loving her any more. She says she's sure he has something going with her friend. Josh remains stoically quiet and doesn't respond to anything Selena says to him.

C. Denise, a stay-at-home mom, has had a bad day. Her three kids, ages 3, 4, and 5, have been disagreeable and disobedient all day long. When her husband, Marcus, arrives home, she gives him time to get settled and then she explains that she really needs to discuss some child raising issues with him when he's ready to address the topic. Marcus gives her a hug and suggests that he help her finish preparing dinner and getting the kids fed, bathed and to bed. He tells her he'll be happy to listen and talk about child raising issues when the kids are down for the night.

3. Which person is really getting what he wants?

Tom    Josh    Denise

Why? \_\_\_\_\_

\_\_\_\_\_

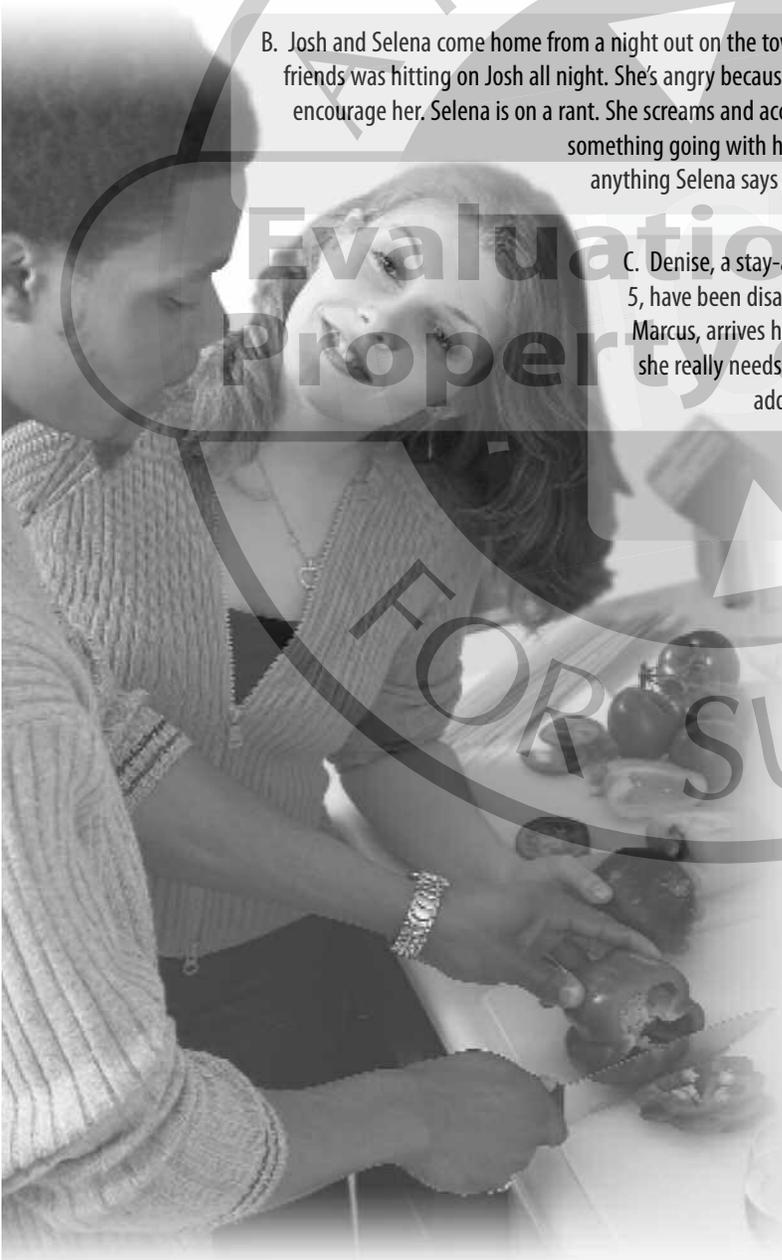
\_\_\_\_\_

4. How are the other people in the scenarios reacting?

**Melinda:**  Aggressive    Passive    Assertive

**Selena:**  Aggressive    Passive    Assertive

**Marcus:**  Aggressive    Passive    Assertive



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5. What can you gain by being assertive? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

6. Why is it hard for people to be assertive? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

7. Do aggressive people really get what they want?  Yes  No

What could they gain from becoming assertive rather than aggressive? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

8. Name several ways people can show they are assertive:

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

\_\_\_\_\_

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

\_\_\_\_\_

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

\_\_\_\_\_

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

\_\_\_\_\_

9. How will you use these techniques to become more assertive and less aggressive in your personal life? \_\_\_\_\_

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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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