

Am I Assertive?

Identify a time in the last few months when you were angry with someone—it could be a friend, teacher, parent, or anyone else in your life. Briefly summarize the disagreement, then determine whether you addressed the two components—and if not, what you could have done differently.

Even when it's difficult, express my wants, needs, and thoughts (Component 1):

Even when it's difficult, respect what others want, need, and think (Component 2):