

Personal Example of Being Assertive

As your teacher shares their example of being assertive, jot down a few notes about how they addressed each component or provide examples of how they could have changed the outcome of the situation if they had responded assertively.

In the example provided by your teacher, was Component 1 (*Even when it is difficult, express my wants, needs, and thoughts*) addressed? Why or why not?

Was Component 2 (*Even when it is difficult, respect the wants, needs, and thoughts of others*) addressed? Why or why not?

How would the outcome of this situation have changed if your teacher had been more or less assertive?