

Assertiveness Log

Describe the situation.	Describe what I did and how I was feeling.	Was my response passive, assertive, or aggressive?	Describe the result, including feelings.	How could I be more assertive next time?
Example: I didn't understand my math assignment.	I didn't ask for help. I just tried to figure it out on my own. I was feeling frustrated, embarrassed, and inferior.	Passive	I just got a zero on the assignment. I felt frustrated, regretful, and disappointed in myself.	I could have asked the teacher or a friend for help. Next time I will ask the teacher to explain how to do the assignment.
Example: My friends wanted to go to Sonic for a snack.	I said I'd only go with them if we went to Taco Bell. I was feeling eager and exited.	Aggressive	My friends went to Taco Bell with me, but they seemed irritated and resentful.	I could have explained that I was craving a taco and asked if they would mind going to Taco Bell instead.
Example: I wanted my mom to take me to the high school football game, but I knew she really didn't want to.	I described how I knew she had had a busy day at work and that it was inconvenient to take me to the game. I explained that I was excited to cheer on my friends who were playing, and asked if she would mind taking me.	Assertive	My mom agreed to take me to the game but asked me to find a ride home with a friend.	Next time I could ask further in advance, but overall it worked out.

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Reflect on Your Assertiveness Log Results

Were there times you wish you had said something or spoken up for yourself? Yes No

Were there times where you overreacted and hurt a friendship instead of saying more clearly what you thought or felt? Yes No

Are you getting better at being assertive? Yes No

Describe specific actions that you have taken to be more assertive.

Describe one action that you will take this next week to be more assertive.