

1. As you walk out of a supermarket, you realize that you have been shortchanged a dollar.

I would _____.

2. You order a rare steak and it arrives medium-well.

I would _____.

3. A co-student asks you to give him a lift to where his car is being repaired. It is not convenient for you to do this favor.

I would _____.

4. You are going to a movie with someone who gets a phone call from an old friend just as you are going out the door. The phone conversation goes on and on and you realize that you are going to be late if you don't leave right now.

I would _____.

5. You've been waiting in line for a movie for 30 minutes and somebody cuts in ahead of you.

I would _____.

6. You are watching your favorite TV program when your girl/boyfriend says "I have to talk to you right now, it's really important".

I would _____.

7. The teacher criticizes you in a way that seems unfair in front of your peers.

I would _____.

8. An acquaintance suggests that the two of you go to restaurant A and you very much prefer to go to restaurant B.

I would _____.

(adapted from Davis, Eshelman & McKay, 1988).

Scene 1.

- A. Looks like somebody's been driving by the Braille system. Isn't that a new dent I see in the car?
- B. Its not my fault and I don't want to talk about it now!
- A. No way are we going to let this go. You always try to weasel out of your responsibilities.
- B. Get off my case!
- A. I want to take care of this right now.
- B. No way!

A's behavior is _____ Assertive _____ Aggressive _____ Passive

Form: **CBT#23-002a**

Scene 2

- A. Why didn't you call me last night? You know that I was feeling lonely because your Dad is away on a business trip.
- B. I was busy.
- A. Too busy to call your own mother?
- B. Sorry, Mom, I just forgot.
- A. Well, I think that you are very thoughtless.
- B. Thanks a bunch, Mom.

A's behavior is _____ Assertive _____ Aggressive _____ Passive

Form: **CBT#23-002b**

Scene 3

- A. I know that this will be a big inconvenience to you, but would you mind changing the time of our appointment on Thursday?
- B: No can do.
- A: Well, I hate to bother you, but could you at least look at your calendar to see if there might be some other time you can squeeze me in.
- B: Look, I'm busy ... get back to me later.
- A. All right. Sorry for the interruption.

A's behavior is _____ Assertive _____ Aggressive _____ Passive

Form: **CBT#23-002c**

Scene 4

- A. Susan called and asked if we could babysit Friday night so that she can have a little time alone with her husband. I think that it would be fun.
- B. Fun? After working all week? You know I'm always dog-tired by Friday night!
- A. I'd really like to help Susan out. Friday night is your night to play couch potato, Saturday we have plans, so how about Sunday?
- B. Much better I'd enjoy that.

A's behavior is _____ Assertive _____ Aggressive _____ Passive

Form: **CBT#23-002d**

Scene 5

- A. Can I borrow your car tonight? I have to go to the library.
B. When?
A. Just from six until nine, when it closes.
B. That means you won't be back until nine-thirty.
A. So nine-thirty then. Can I have it?
B. Will you put gas in it?
A. I can put a buck into it, if you like.
 B. I don't think I can spare it tonight. I might need it to go out - the kids have bad colds. What if I had to take them to the hospital in an emergency?
A. Have Joe drive you - he's going to be here all evening.
B. Well, I guess you're right. Okay.

A's behavior is _____ Assertive _____ Aggressive _____ Passive

Form: **CBT#23-002e**

Scene 6

(Over lunch, A tells her girlfriends that she is a pro-lifer, and they criticize her for not being willing to leave the choice about whether to have an abortion up to the individual woman.)

- A: You certainly have a right to your opinions, but I happen to believe that the unborn child has a right to live, and it depresses me to think that a child's life is snuffed out because it's inconvenient to the mother. I'd like to see stronger legislation to protect the unborn child's rights and support motherhood.

A's behavior is _____ Assertive _____ Aggressive _____ Passive

Form: **CBT#23-002f**

Instructions: rate situations on a 1 [least] to 5 [most] scale in terms of their importance and of the difficulty in achieving assertive behavior.

Five Social Situations In Which I Have Importance x Difficulty = Total
Difficulty Being Assertive

Examples:

1. Problem:

Goal _____ x _____ =

2. Problem:

Goal _____ x _____ =

3. Problem:

Goal _____ x _____ =

4. Problem:

Goal _____ x _____ =

5. Problem:

Goal _____ x _____ =

Total =

Identifying Mistaken Traditional Assumptions and Countering Them With Assertive Rights (adapted from Davis, Eshelman & McKay, 1988)

Mistaken Traditional Assumptions

1. It's selfish to put your needs before others.
2. It's shameful to make mistakes.
3. If you can't convince someone that your feelings are reasonable, then they must be wrong.
4. You should respect the views of others, especially if they are in a position of authority. Keep your differences of opinion to yourself. Listen and learn.
5. You should always try to be logical and consistent.
6. You should be flexible and adjust. Others have good reasons for their actions and it is impolite to question them.
7. You should never interrupt people. Asking questions reveals your stupidity.
8. Things could get even worse; don't rock the boat.
9. You shouldn't take up others' valuable time with your problems.
10. People don't want to hear that you feel bad, so keep it to yourself.
11. When someone takes the time to give you advice, you should take it.
12. Knowing that you have something special or have done something well is its own reward. People don't like showoffs.
13. You should always try to accommodate others. If you don't they won't be there for you.
14. Don't be antisocial. People will think that you don't like them if you say that you would rather be alone than be with them.

Your Assertive Rights

- You have the right to put yourself first sometimes.
- You have a right to make mistakes.
- You have a right to be the final judge of your feelings and accept them as legitimate.
- You have the right to express your own opinions and beliefs.
- You have the right to change your mind.
- You have a right to question what you don't like and to protest unfair treatment or criticism.
- You have a right to ask for clarification.
- You have a right to negotiate for change.
- You have a right to ask for help or emotional support.
- You have a right to feel and express pain.
- You have the right to ignore the advice of others.
- You have a right to receive formal recognition for your special qualities and talents and for your work and achievements.
- You have a right to say 'no'.
- You have a right to be alone, even if others request your company.

Identifying Mistaken Traditional Assumptions and Countering Them With Assertive Rights (adapted from Davis, Eshelman & McKay, 1988)

15. You should always have a good reason for what you feel or do.
16. When someone is in trouble, you should give help.
17. You should be sensitive to the needs and wishes of others, even when they are unable to tell you what they want.
18. It's always a good policy to stay on people's good side.
19. It's not nice to put people off. If questioned, give an answer.
20. You should be able to answer all questions about a field of knowledge with which you are familiar.

You have a right not to justify yourself to others.

You have the right not to take responsibility for everyone else's problems

You have a right not to have to anticipate the needs and wishes of others.

You have a right not to worry about the goodwill of others.

You have the right to choose not to respond to a question or situation.

You have the right to say 'I don't know' or 'I don't understand.'

.Form CBT#23-005 Confronting My Fears About Being Assertive

1. If I am assertive in this situation with so-and-so, what is the worst thing that could happen?

2. What beliefs do I have that would lend probability to this happening?

3. Is there any evidence to support this belief?

4. What evidence is there to refute this belief?

5. What would be a more realistic negative outcome of my being assertive in this situation?

6. How might I respond to or cope with this more realistic negative outcome?

7. What is the best thing that could happen?

8. What is going to happen if I continue to do what I have been doing?

9. Is it worth it to me to be assertive in this situation? [Weigh your response to questions 5-8 before answering.]

Assertive Position Statements

Instructions: Use this form to write assertive position statements for situations in your life in which you would like to convey your position clearly.

Situation: (Describe)

I think (your perspective)

I feel

I want

If you
