

Practicing Assertive Expressions

(You can print these on cardstock and cut them apart. Ask group members to choose one and describe what they would say. Discuss more assertive responses, if needed)

Someone budged in line ahead of you at the ticket counter.

Your hot dog was served cold at the cafeteria.

Your teacher said you didn't turn in homework, but you did.

You were given a volunteer award and you have to make an acceptance speech.

Your sister was very helpful, and you want to make sure she knows you are grateful.

Your mother dresses up for a wedding, and looks very nice.

Make up a negative situation of your own...

Make up a positive situation of your own...