

Assertive Communication Worksheet for Improved Relationships & Self-Esteem

Summary

Assertive communication is the ability to express your opinions in an open, honest, and direct way. It allows us to take responsibility for ourselves without judging or blaming others. Communicating assertively means expressing your ideas in a civilized way without being too aggressive or too passive.

Passive	Assertive	Aggressive
too nice, weak	firm but polite	mean, harsh, sarcastic
overly compliant, gives in when conflict arises	compromise	take
avoids eye contact	warm, friendly eye contact	glaring eye contact
speaks softly	conversational tone	speaks loudly, threatening tones
puts down self	builds up others and self	puts others down
emotionally dishonest	appropriately honest	inappropriately honest
allows others to walk all over you, bullied	stands up for self	walk all over others, bullies

Record instances where you've communicated assertively and list the emotions you felt afterwards.

1. _____

Emotions: _____

2. _____

Emotions: _____

3. _____

Emotions: _____