

AN ASSERTIVENESS GRID

The following grid can be used as a way to start to help you look at your patterns of assertiveness with other people in your life. Use symbols (**A=assertive; AG=aggressive; P=passive; PA=passive-aggressive**) to note how you generally act (you can use more than one symbol in each box if appropriate) with the different categories of people listed below in the specific situations where being assertive is an option. This will give you an idea of where to concentrate if you wish to work on becoming more assertive. This grid can also let you know if you relate differently with **males (M)** and **females (F)**. The easiest way to fill out this grid is to pick one behavior on the left and then go all the way across the grid and decide which style(s) you use with each of the people or groups on the right side.

ASSERTIVE BEHAVIORS	Co-workers/ Employees																
	Partner	Father	Mother	Children		Relatives		Friends		Employees		Authorities		Strangers		Groups	
				M	F	M	F	M	F	M	F	M	F	M	F	M	F
Expressing your feelings																	
Asking for what you want/need (asking for help, emotional support, affection)																	
Offering opinions/suggestions																	
Talking about yourself (e.g. your interests, personal experiences)																	
Reaching out socially																	
Saying positives (about yourself or your relationship with someone)																	
Accepting positives/compliments from others																	
Handling criticism/confrontation from others																	
Disagreeing with someone																	
Saying "no"/setting clear limits																	
Confronting/criticizing others																	
Compromising																	
Looking others in the eye																	
Changing Your Mind																	