



## Free Assertive Communication Worksheet

### SECTION B.

1. What does being assertive mean to you?

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2. How do you manage your emotions when speaking with others?


3. How do you express your opinions and ideas when engaging with others?


4. Identify ways of practicing good verbal and non-verbal communication.

VERBAL COMMUNICATION	NON-VERBAL COMMUNICATION

5. Identify ways your communication can be assertive, passive, and aggressive.

ASSERTIVE	PASSIVE	AGGRESSIVE

6. Identify ways your communication can show confidence and clarity and be controlled to improve your assertiveness.

CONFIDENCE	CLEAR	CONTROL


7. What efforts are you making toward becoming more assertive?


8. How are you practicing assertiveness in your day-to-day life?

For example, using 'I' statements.


9. What techniques are you learning to enhance your assertiveness?

For example, developing boundaries.


## REFERENCE:

Communication Therapy. (No Date). Assertive Communication – How To Practice It Daily (Tips). Available at:

<https://www.communicationtheory.org/assertive-communication-how-to-practice-it-daily-tips/>. [Accessed April 02, 2023]

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<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/assertive/art-20044644>. [Accessed April 02, 2023]

Positive Psychology. (© 2023). What Is Assertive Communication? Available at:

<https://positivepsychology.com/assertive-communication/>. [Accessed April 02, 2023]

You can download more Mental Health worksheets [here](#).

**Please note:** There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.