

CERTIFICATE OF SERVICE

I certify that I have properly mailed, faxed, or delivered a copy of the above pleading to the Attorney of record for Defendant this _____ day of _____, 20 ____.

JAMES B. FISHER, JR.

WORDS OF WISDOM AND INSPIRATION

1. The meaning of life comes from within.
2. The bond that links your true family is one of respect and joy in each other's life.
3. If you think the universe as beautiful and just, remember, You still have to make the universe live up to this ideal by creating it.
4. In order to live free and happy, you must sacrifice your belief that you have no control.
5. Nothing can stop you, harm you, or truly control you, unless you let them.
6. Destiny ... it is not a matter of chance – it is a matter of choice.
7. Normally, you live safely behind the walls of your own ego. You like your safety there, your lack of vulnerability. Falling in love tears down the walls, at least temporarily. You are exposed and vulnerable just as you feared, but the overwhelming emotion of love makes this an ecstatic condition rather than the painful one expected.
8. What is a friend? It is someone with whom you dare to be yourself.
9. The mildest suggestion for change is a death-threat to some status quo.
10. We don't have rights until we claim them.
11. Happiness is the reward we get for living to the highest right we know.
12. A tiny change in today brings us to a dramatically different tomorrow. There are grand rewards for those who pick the "hard" roads of living their highest inner truth, but those rewards are hidden by years.
13. Character comes from following and expressing our highest sense of right, from trusting our ideals without being sure they will work.
14. Love endures only when lovers love many things together and not merely each other.
15. Taking no risk is sometimes the biggest risk.

16. No one can solve problems for someone whose problem is that they do not want their problem solved.
17. You can not discover new oceans unless you have the courage to lose sight of the shore.
18. It is not a matter of what you look at, but what you see.
19. No matter how qualified or deserving we are, we will never reach a better life until we can imagine it for ourselves and allow ourselves to have it.
20. We design our own lives through the power of our choices.
21. We often generate our own environment and encounter the world we created.
22. Any powerful idea is absolutely fascinating and absolutely useless until we choose to put it in action.
23. Life is not a destination - it is a journey. Everything that happens to us shapes who we are becoming.
24. The gem can not be polished without friction, and the spirit can not be improved without trials.
25. Love does not consist in gazing at each other but in looking outward together in the same direction.
26. Ideals are like stars – you choose them as your guides, and following them you will reach your destiny.
27. Some see things and say, Why? While others dream of things that never were and say, Why not?
28. You are not here merely to make a living. You are here in order to enable the world to live more amply, with greater vision, with a finer spirit of hope and achievement. You are here to enrich the world, and you impoverish yourself if you forget the errand.
29. All you can do is all you can do, and all you can do is enough.
30. The road to anywhere starts where you are.
31. What you do today is important because you are exchanging a day of your life for it.
32. What would you attempt to achieve if you believed it was impossible to fail?
33. Excellence is: all of us working together, aspiring to do everything we need to do, somehow better than it has ever been done before.
34. It makes no difference how deeply seated may be the trouble, how hopeless the outlook, how muddled the tangle, how great the mistake. A sufficient realization of love will dissolve all.
35. You may only be one person in the world, but you may be the world to one person.
36. Do ... or do not. There is no try.
37. Happiness is based on relationships with people you love and respect.
38. Never be in a hurry – do everything with a calm spirit of love and inner peace.
39. Live in love and peace.
40. A good person is trustworthy, loyal, helpful, friendly, courteous, kind, obedient, cheerful, thrifty, brave, clean, prepared for emergencies, mentally awake, and loving.

41. Love and goodness are the greatest of all ideas.
42. Love is life's sweetest reward.
43. The way to handle a person – is merely to love them !!!!
44. Do unto others as you would have them do unto you.
45. If you bring someone a fish, they will eat for a day: however, if you teach them to fish, they will eat for a lifetime.
46. We hold these truths to be self evident, that all persons are created equal and are entitled to life, liberty, the pursuit of happiness, and equal rights under law.
47. Use might for right !!!
48. This above all – to thy own self be true.
49. What the world needs now - is love – sweet love – That's the only thing there is too little of .
50. Is anybody there? Does anybody care?
51. Be good to everyone and especially be good to yourself. Do not let fear stand in the way of being good to others or yourself.
52. You have to go in deep water to launch big ships; however, you should make sure you are well prepared prior to taking on really, big challenges. Do not be afraid – Just be prepared for bigger problems with bigger projects.
53. Life teaches the same lessons over and over --- until you finally learn the lesson.
54. Love is created or realized from the human mind inside the human brain.. Human Beings have created their own sense of purpose by understanding to a limited extent the meaning of love and acting on this understanding. We just need to greatly expand this capacity for love. We need to act through greater love at all times rather than acting through just some love occasionally.
55. All you need is love because Love lifts us up where we belong. The greatest words you will ever hear is: I love you, I love you with all my heart, and I will always love you. The greatest thing you will ever learn - is - to love - and to be loved - in return.

Few are those who see with their own eyes and feel with their own hearts.

Anger dwells only in the bosom of fools.

Love is a better teacher than duty.

Most people say that it is the intellect which makes a great scientist. They are wrong: it is character.

Never do anything against conscience even if the state demands it.

Only a life lived for others is a life worthwhile.

The value of a man should be seen in what he gives and not in what he is able to receive.

The world is a dangerous place to live; not because of the people who are evil, but because of the people who don't do anything about it.

True religion is real living; living with all one's soul, with all one's goodness and righteousness.

You have to learn the rules of the game. And then you have to play better than anyone else.

Few people are capable of expressing with equanimity opinions which differ from the prejudices of their social environment. Most people are even incapable of forming such opinions.

Our task must be to free ourselves by widening our circle of compassion to embrace all living creatures and the whole of nature and its beauty.

Everyone should be respected as an individual, but no one idolized."

"A man must learn to understand the motives of human beings, their illusions, and their sufferings."

"The most important endeavor is the striving for morality in our actions. Our inner balance and even our very existence depend on it. Only morality in our actions can give beauty and dignity for life"

"Great spirits have always encountered violent opposition from mediocre minds. The mediocre mind is incapable of understanding the man who refuses to bow blindly to conventional prejudices and chooses instead to express his opinions courageously and honestly."

"What can the schools do to defend democracy? Should they preach a specific political doctrine? I believe they should not. If they are able to teach young people to have a critical mind and a socially oriented attitude, they will have done all that is necessary."

"Bear in mind that the wonderful things you learn in your schools are the work of many generations, produced by enthusiastic effort and infinite labor in every country of the world. All this is put into your hands as your inheritance in order that you may receive it, honor it, add to it, and one day faithfully hand it to your children. Thus do we mortals achieve immortality in the permanent things which we create in common."

"If you want to live a happy life, tie it to a goal, not to people or things."

"If you don't design your own life plan, chances are you'll fall into someone else's plan. And guess what they have planned for you? Not much."

"...The ideals which have guided my way, and time after time have given me the energy to face life, have been kindness, beauty, and truth."

"The life of the individual has meaning only insofar as it aids in making the life of every living thing nobler and more beautiful..."

TO ACHIEVE YOUR DREAMS – FOLLOW THESE ABC'S

Avoid negative sources, people, places, things and habits.

Believe in Yourself.

Consider things from all angles.

Do not give up and do not give in.

Enjoy life today.

Family and friends are hidden treasures – seek them and enjoy their emotional riches.

Give more than planned.

Hang on to your dreams.

Ignore those who would try to discourage you

Just do it.

Keep trying - no matter how hard it seems - it will get easier.

Love yourself and others.

Make it happen.

Never lie, cheat, or steal – always strike a fair deal.

Open your eyes and see things as they really are.

Practice makes perfect.

Quitters never win and winners never quit.

Read, study, and learn about everything important in your life.

Stop procrastinating.

Take control of your own destiny.

Understand yourself in order to better understand others.

Visualize it.

Want it more than anything.

Xcelerate your efforts.

You are unique – no one can replace you.

Zero in on your target and go for it.

Invest 10% of your earnings each year until you are financially secure enough and strong enough to help yourself and family members from all future circumstances that may arise, including illness, retirement, college, and unexpected circumstances.

Improving Assertive Behavior

Content:

- What is assertive behavior?
- Ten assertive rights of an individual
- Journal exercise on 10 assertive rights
- Roadblocks to assertiveness
- Myths which encourage nonassertive behavior
- Steps to improve personal assertiveness

What is assertive behavior?

Assertive behavior is:

- Standing up for one's rights no matter what the circumstance.
- Correcting the situation when one's rights are being violated.
- Seeking respect and understanding for one's feelings about a particular situation or circumstance.
- Interacting in a mature manner with those found to be offensive, defensive, aggressive, hostile, blaming, attacking, or otherwise unreceptive.
- Direct, upfront, (not defensive or manipulative) behavior. Those using assertive behavior confront problems, disagreement, or personal discomforts head on, and their intent is unmistakable to others.
- Verbal "I" statements, where individuals tell others how they feel about a situation, circumstance, or the behavior of others.
- Taking the risk of being misunderstood as being aggressive, abrasive, or attacking.
- Being able to protect one's rights while protecting and respecting the rights of others.
- Risk-taking behavior that is not ruled by fear of rejection or disapproval, but is directed by the rational belief that "I deserve to stand up for my rights."
- Rational thinking and the self-affirmation of personal worth, respect, and rights.
- A healthy style in which to conduct interpersonal relationships.
- Finding a "win-win" solution in handling problems between two individuals.

The "you win and I lose" solution is a passive solution where one individual gives up his rights to another. The "you lose and I win" solution is an aggressive solution where one individual ignores the rights of another in order to get his way. The "you lose and I lose" solution is a total passive solution where both individuals give up their rights. A healthy resolution is impossible. The "you win and I win" solution is an assertive solution where the rights of both parties are recognized, respected, and utilized in reaching a healthy compromise.

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Ten assertive rights of an individual

Assertive Right #1: I have the right to judge my own behavior, thoughts, and emotions and to take the responsibility for their initiation and consequence. The behavior of others may have an impact upon me, but I determine how I choose to react and/or deal with each situation. I alone have the power to judge and modify my thoughts, feelings, and behavior. Others may influence my decision, but the final choice is mine.

Assertive Right #2: I have the right to offer neither reason nor excuse to justify my behavior. I need not rely upon others to judge whether my actions are proper or correct. Others may state disagreement or disapproval, but I have the option to disregard their preferences or to work out a compromise. I may choose to respect their preferences and consequently modify my behavior. What is important is that it is my choice. Others may try to manipulate my behavior and feelings by demanding to know my reasons and by trying to persuade me that I am wrong, but I know that I am the ultimate judge.

Assertive Right #3: I have the right to judge whether I am responsible for finding solutions to others' problems. I am ultimately responsible for my own psychological well-being and happiness. I may feel concern and compassion and good will for others, but I am neither responsible for nor do I have the ability to create mental stability and happiness for others. My actions may have caused others' problems indirectly; however, it is still their responsibility to come to terms with the problems and to learn to cope on their own. If I fail to recognize this assertive right, others may choose to manipulate my thoughts and feelings by placing the blame for their problems on me.

Assertive Right #4: I have the right to change my mind. As a human being, nothing in my life is necessarily constant or rigid. My interests and needs may well change with the passage of time. The possibility of changing my mind is normal, healthy, and conducive to self growth. Others may try to manipulate my choice by asking that I admit error or by stating that I am irresponsible; it is nevertheless unnecessary for me to justify my decision.

Assertive Right #5: I have the right to say, "I don't know."

Assertive Right #6: I have the right to make mistakes and be responsible for them. To make a mistake is part of the human condition. Others may try to manipulate me,

having me believe that my errors are unforgivable, that I must make amends for my wrongdoing by engaging in proper behavior. If I allow this, my future behavior will be influenced by my past mistakes, and my decisions will be controlled by the opinions of others.

Assertive Right #7: I have the right to be independent of the good will of others before coping with them. It would be unrealistic for me to expect others to approve of all my actions, regardless of their merit. If I were to assume that I required others' goodwill before being able to cope with them effectively, I would leave myself open to manipulation. It is unlikely that I require the goodwill and/or cooperation of others in order to survive. A relationship does not require 100% agreement. It is inevitable that others will be hurt or offended by my behavior at times. I am responsible only to myself, and I can deal with periodic disapproval from others.

Assertive Right #8: I have the right to be illogical in making decisions. I sometimes employ logic as a reasoning process to assist me in making judgments. However, logic cannot predict what will happen in every situation. Logic is not much help in dealing with wants, motivations, and feelings. Logic generally deals with "black or white," "all or none," and "yes or no" issues. Logic and reasoning don't always work well when dealing with the gray areas of the human condition.

Assertive Right #9: I have the right to say, "I don't understand."

Assertive Right #10: I have the right to say, "I don't care."



Journal exercise on 10 assertive rights

Answer the following questions in your journal. They are designed to help you assess your level of assertiveness.

- A. How can I keep myself and others from being judgmental? Why is it so easy to judge another? How does my fear of judgment reduce my assertiveness?
- B. Why do people demand a reason for others' behavior? How does constant rationalizing and defending my behavior affect my relationship with others?
- C. How do I feel about being blamed for others' problems? How fair is this? What is the usual outcome of such blaming?
- D. How comfortable am I with allowing others to have a change of mind? Why is it so important for others to be predictable? What is the worst thing that could happen if I changed my position midway through an argument?
- E. How comfortable am I living in a situation in which the outcome is unknown? Why do I have such a great need for certainty in my decision making? How comfortable am I in taking risks?
- F. Why is it so hard to admit to making a mistake? How well do I accept another's admission of making a mistake? What is the benefit of allowing others to make mistakes?
- G. How easily do I express disapproval to others? How easily do I become devastated by such expressions of disappointment when they are pointed at me? Why does prior approval by others have to be a prerequisite before I take action?

H. What part does logic play in my life? Why does logic become so important in my arguments? How comfortable am I with the "grays" in life?

I. How important is mind reading in my life? How has unclear communication with others, assumptions, and jumping to wrong conclusions affected me in the past? How freely do I admit I don't understand the other person?

J. Why is perfection so important to me? How can I learn to live with another's imperfections? Why does it bother me to say, "I don't care?"

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Roadblocks to assertiveness

Roadblock

If I assert myself in any relationship, others will get mad at me.

If I do assert myself and others do become angry with me, it will be awful; I will be devastated.

Although I prefer others to be straightforward with me, I am afraid that if I am open with them and say "No," I will hurt them

Assertive Counterpart

If I assert myself the results may be positive, negative, or neutral. However, since assertion involves legitimate rights, the odds of having positive results are in my favor.

Even if others become angry, I am capable of handling it without falling apart. If I assert myself when it is appropriate, I don't have to feel responsible for others' feelings. It may be their own problem.

If I am assertive, others may or may not feel hurt. Others are not necessarily more fragile than I am. I prefer to be dealt with directly and quite likely others will too.

If my assertion hurts others, I am responsible for their feelings

Even if others are hurt by my assertive behavior, I can let them know I care for them while also being direct about what I want or need. Although at times, they will be taken aback by my assertive behavior, they are not so vulnerable and fragile that they will be shattered by it.

It is wrong to turn down legitimate requests? Others will think I am selfish and won't like me.

Even legitimate requests can be refused assertively. Sometimes, it is acceptable to consider my needs before others. I can't always please others.

I must avoid making statements or asking questions that might make me look ignorant or stupid.

It is okay to lack information or make a mistake; it just shows that I am human.

Assertive people are cold and uncaring. If I am assertive I'll be so unpleasant that others won't like me.

Assertive people are direct and honest and behave appropriately. They show a genuine concern for other people's rights and feelings as well as their own. Their assertiveness enriches their relationships with others.

Six Myths which encourage nonassertive behavior

Myth #1 Anxiety: Some people believe that overt signs of anxious behavior indicate weakness or inadequacy. These individuals assume that if they were to exhibit anxiety, they would be ridiculed, rejected, or taken advantage of by others. This is self-defeating, for the harder people try to camouflage anxious feelings, the harder it is to conceal the accompanying symptoms of trembling, sweating, flushing, etc.

One method of reducing anxiety is to acknowledge that anxious feelings are present. One may discover that others experience similar feelings under certain circumstances. If people can disclose their feelings of discomfort safely, they will find it unnecessary to expend so much energy disguising them; therefore, the anxiety will no longer interfere with the task at hand or impair their ability to cope in life.

Myth #2 Modesty: This myth consists of three parts:

- (1) the inability to acknowledge or say positive things about oneself,
- (2) the inability to accept compliments from others and
- (3) the inability to give compliments to others.

Some people fear that positive self-statements seem egocentric. They fail to discriminate between the accurate representation of accomplishments and over exaggeration. Additionally, they may fear that once asserting themselves, they will have to live up to these expectations 100% of the time. Inability to self-disclose positively may hinder their opportunities. If they don't believe in themselves, it is unrealistic to expect others to believe in them.

People who are unable to receive compliments are indirectly damaging their self-respect. After several unsuccessful attempts, most people trying to give genuine compliments will hesitate, feeling uncomfortable in giving positive feedback. The intended recipient of the praise, no longer hearing positive feedback, may begin to question their self-worth.

Sometimes others may use insincere praise as a manipulative tool ("*You are such a great worker; by the way, could you cut the lawn.*") However, assuming that all positive feedback is insincere, manipulative, or misleading will hinder both the development of a healthy lifestyle and a positive self-concept. Positive feedback is a powerful tool in this sense.

Some people are unable to provide others with positive feedback. They may be unaware of the potential positive effects, e.g., greater rapport or satisfaction in life. Sometimes others have difficulty delivering praise because they fear making themselves vulnerable.

They may be unable to elicit feelings easily and openly. Perhaps this is an alien behavior because they have never received positive feedback themselves. Or, maybe there is a risk involved in developing more honest, open relationships.

For whatever reason, modesty does not enhance mutually satisfying, spontaneous interpersonal relationships.

Myth #3 Good Friend: This myth assumes that others can read my mind based upon our past relationship, e.g.: *“She should have known how I felt;”* or, *“My husband should have known how hard I have been working and given me Saturday morning free.”*

Lack of good, facilitative communication is apparent here. One must remember that individuals don't always respond in the same manner to the same situation.

This type of expectation will undoubtedly lead to guilt, resentment, hurt feelings, and misunderstanding within a relationship, assuming that others have known you long enough to know your mind or how you are thinking.

Myth #4 Obligation: This myth indicates that some people disregard their personal needs and rights due to a belief in personal obligations to others. These people put others ahead of themselves. Obviously the others' needs cannot always be met; however, those who routinely neglect to express their needs and rights, and who find themselves imposed upon quite frequently, are being restrained by this belief in the myth of obligation. They are often unable to make requests of others they project that others feel the obligation to meet their needs, too.

This myth, along with the others, facilitates neither self-respect nor the development of open, healthy relationships.

Myth #5 Gender role myths: Sometimes people behave in a particular manner due to various gender role expectations. This has been especially true for women. Is it feminine to be assertive or outspoken? The myth of obligation fits into this category, too. Due to erroneous expectations, many women are unable to refuse requests, even unreasonable ones. This may be true regardless of whether the request would interfere with their needs and rights.

Men have been encouraged to act upon their needs and rights aggressively, to fill the “macho” or “controlling” role in a relationship. Gender role expectations can color behavior, often to the opposite extreme. Some men may be inappropriately passive, while social pressures often call for men to take an aggressive stand.

Gender role expectations limit people's options for acting appropriately upon their beliefs, needs, and rights. They close the door to spontaneous, sincere interactions.

Myth #6 Strength of an issue: It is sometimes risky to take a stand, even on issues about which people might feel quite strongly. It may be interpreted as pressuring others to accept one's beliefs, especially when discussing a controversial issue. People may not choose to take the risk of alienating themselves from others.

People who cannot discuss their beliefs assertively are closing the door to honest expression. The opportunity for a potentially stimulating exchange, which may afford them an opportunity for self-growth, will not happen.



Steps to improve personal assertiveness

Step 1: Read the material in this chapter. Study the following behavioral strategies involved in self-assertion training.

Three types of individual behavior are listed.

1. Nonassertive behavior: The act of withdrawing from a situation. This is a passive approach to a situation (life), resulting in:

- Denial of one's feelings/opinions
- Allowing others to choose for you
- Guilt, anger

Examples of nonassertive language:

- *Oh, it's nothing.*
- *Oh, that's all right; I didn't want it anymore.*
- *Why don't you go ahead and do it; my ideas aren't very good anyway.*

2. Aggressive behavior: The act of over reacting emotionally to a situation. Aggression can also take the form of a lie or a misrepresentation of the facts. This is a self-enhancing, egotistical approach to a situation (life) resulting in:

- ``Put down'' feelings on the receiver's part
- Not allowing others to choose for themselves, but choosing for them
- Hostility, defensiveness on the aggressor's part and hurt, humiliation on the receiver's part

Examples of aggressive language:

- *You are crazy!*
- *Do it my way!*

- *You make me sick!*
- *That is just about enough out of you!*
- Others include sarcasm, name calling, threatening, blaming, insulting.

3. Assertive behavior: The act of declaring that this is what I am, what I think and feel, and what I want. This is a non-egotistical, active, rather than passive, approach to a situation (life) resulting in:

- Open, direct self-expression of your thoughts and feelings
- Allowing others to choose for themselves
- Mutual satisfaction at achieving a desired goal

Examples of assertive language:

- I am Y
- I think we should Y
- I feel bad when Y
- That seems unfair to me.
- Can you help me with this?
- I appreciate your help.

Assertion strategies:

1. Make known your desires and feelings. Don't be side tracked by others. Make a short, clear, assertive statement of your goal, taking into account what others are saying by persistently repeating your goal: *Yes I understand [other's response] but I still want [state your goal].*

2. Express feelings about a situation without threatening others:

- Identify the situation: *When you put me down Y*
- Identify how you feel about it: *I feel angry Y*
- Identify what you want: *When you put me down, I feel angry. I want you to know that and to stop putting me down.*

3. Make a nonassertive person open up. The topic should be pursued in a gentle, probing manner: *"I don't understand why you are so up tight."*

Body language as related to assertive behavior:

1. Eye contact and facial expression: Maintain direct eye contact, appear interested and alert, but not angry.

2. Posture: Stand or sit erect, possibly leaning forward slightly.

3. Distance and contact: Stand or sit at a normal conversational distance from the other.

4. Gestures: Use relaxed, conversational gestures.

5. Voice: Use a factual, not emotional tone of voice. Sound determined and full of conviction, but not overbearing.

6. Timing: Choose a time when both parties are relaxed. A neutral site is best.

Further tips on assertiveness:

1. Assertive responses are characterized by the **use of "I" statements instead of "You" statements.**

2. Assertive responses are usually **effective in getting others to change** or reinforce behavior.

3. Assertive responses run a **low risk of hurting a relationship.**

4. Assertive responses **neither attack the other's self-esteem nor put him on the defensive.**

5. Assertive behavior **prevents "gunny sacking,"** i.e., saving up a lot of bad feelings.

Step 2: Read the following "five sample situations" and record in your journal whether each of the three responses given is **aggressive, nonassertive, or assertive.** (The answer key is at the end of this step)

Five sample situations:

Situation #1: . Cousin Jessie, with whom you prefer not to spend much time, is on the phone. She says that she is planning to spend the next three weeks with you.

(1) *We'd love to have you come and stay as long as you like.*

(2) *We'd be glad to have you come for the weekend, but we cannot invite you for longer. A short visit will be very nice for all of us.*

(3) *The weather down here has been terrible (not true), so you'd better plan on going elsewhere.*

answer key

Situation #2: You have bought a toaster at a local discount house, and it doesn't work properly.

- (1) *I bought this toaster, and it doesn't work; I would like my money back.*
- (2) *What right do you have selling me junk like this Y?*
- (3) You silently put it in the closet and buy another one.

answer key

Situation #3: One of your children has come in late consistently for the last three or four days.

- (1) *I have noticed that for the last few days you have been a little late, and I am concerned about that.*
- (2) *The next time you are late, you are moving out.*
- (3) You mumble to yourself and give dirty looks, hoping she/he will be on time tomorrow.

answer key

Situation #4: You are at the dinner table and someone starts smoking, which offends you.

- (1) *Hey, that smoke is terrible!*
- (2) You suffer the smoke in silence.
- (3) *I would appreciate it if you wouldn't smoke here.*

answer key

Situation #5: You are across the room and someone is talking to you but not quite loud enough for you to hear.

- (1) You continue straining to hear but end up daydreaming.
- (2) You yell out, *“Speak up! I can't hear you if you talk to yourself.”*
- (3) You stop, get the person's attention, and say, *“Would you mind speaking a little louder, please?”*

Answer Key for Step 2:

Situation #1: 1-Nonassertive, 2-Assertive, 3-Aggressive [Back](#) to Sample Situations

Situation #2: 1-Assertive, 2-Aggressive, 3-Nonassertive [Back](#) to Sample Situations

Situation #3: 1-Assertive, 2-Aggressive, 3-Nonassertive [Back](#) to Sample Situations

Situation #4: 1-Aggressive, 2-Nonassertive, 3-Assertive [Back](#) to Sample Situations

Situation #5: 1-Nonassertive, 2-Aggressive, 3-Assertive [Back](#) to Sample Situations

Step 3: Read the following role playing situations and play a role in the various self-assertion techniques with a friend or your significant other. Give yourself plenty of time to complete this step.

Ten role playing situations for assertion training:

Each of these situations involves a need for assertive behavior. Role play each of these situations. Be sure to spend at least five minutes on each role.

- a. You just got home from work and your friend wants to go to the movies, but you would rather not.
- b. Your friend has begun smoking in the house, and it bothers you.
- c. You always run out of cash by Thursday. You are embarrassed about this and need to get more money from the person who "controls" the family finances.
- d. You are at a restaurant and you ordered a \$15 steak that is tough; your friend is encouraging you to return it, but you don't like being pressured into doing such things.
- e. You and your friend are going to your parent's hometown for a vacation. Your friend has booked the flight for you; however, when you get to the airport you discover that you aren't booked, and that there are no seats available. You then find out that your friend forgot to book the flight.
- f. You have made a mistake in balancing the checkbook. Your partner finds the mistake and starts telling you off in front of your children (or neighbor).
- g. It is your turn to do the dishes. Before you even get up from the table your friend begins to tell you that the last time you did the dishes they remained dirty and crusty, and the kitchen was still a mess when you got through.

h. You have been home from work for over an hour. You notice that your friend has been unusually quiet and distant with you.

i. You and your friend are discussing religion, and your friend says something with which you strongly disagree.

j. You are trying to watch an intense and absorbing movie on cable TV. Your friend is talking loudly on the telephone to a relative, and you are having trouble hearing the TV.

Step 4: After you and your partner complete the role play activity in Step 3, answer the following questions in your journal:

a. How comfortable am I in being assertive?

b. What new behaviors do I need to develop to be more assertive?

c. How awkward is it to confront my true feelings in a situation?

d. What part does my need for approval and fear of rejection play in my nonassertive behavior?

e. Why is it easier to role play being assertive than actually being assertive in real life?

f. Which of the myths concerning non-assertiveness do I hold to? How can I overcome these?

g. What roadblocks to assertiveness are present in my current behavior? How can I overcome these?

h. What are the differences between my assertive and my aggressive behavior? How can I ensure my assertive behavior is not really aggressive?

i. What body language cues do I need to develop in order to improve my assertive style?

j. What do I need to do to increase my assertive behavior further?

Step 5: If after completing Steps 1 through 4 you still lack healthy, assertive behavior, return to Step 1 and begin again.

