

Rights of Assertiveness Worksheet

Your full name:

Date submitted:

Your therapist's full name:

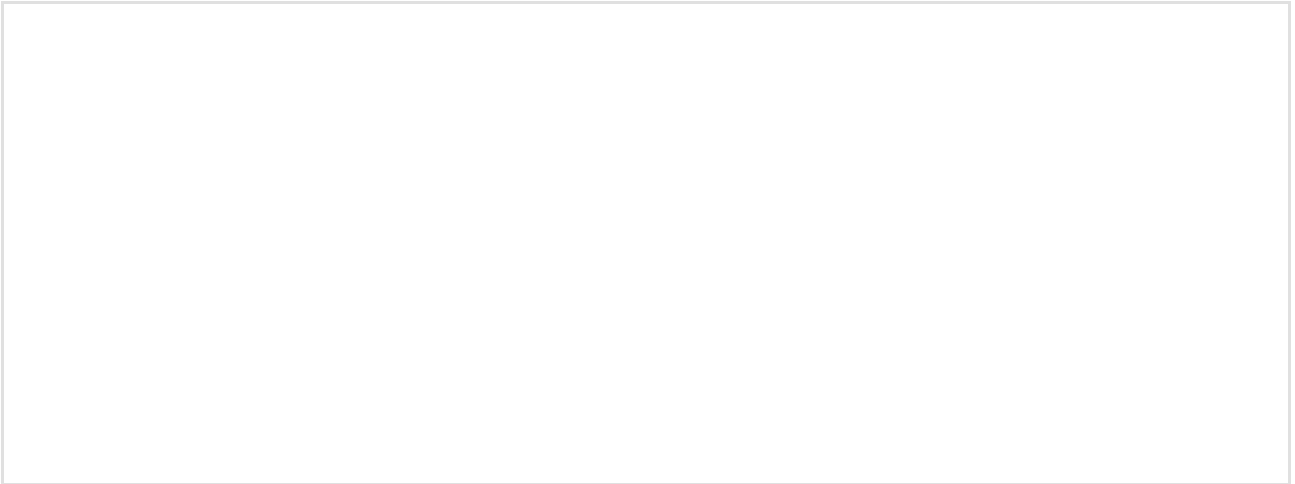
Hello! For this worksheet, please read the list of assertive communication rules that you can follow and keep in mind to help you communicate assertively. For each rule, there will be a comments box where you can indicate a conversation topic/context where a rule is applicable. Give an example of a conversation and write how you would exercise the rule.

You have the right to...

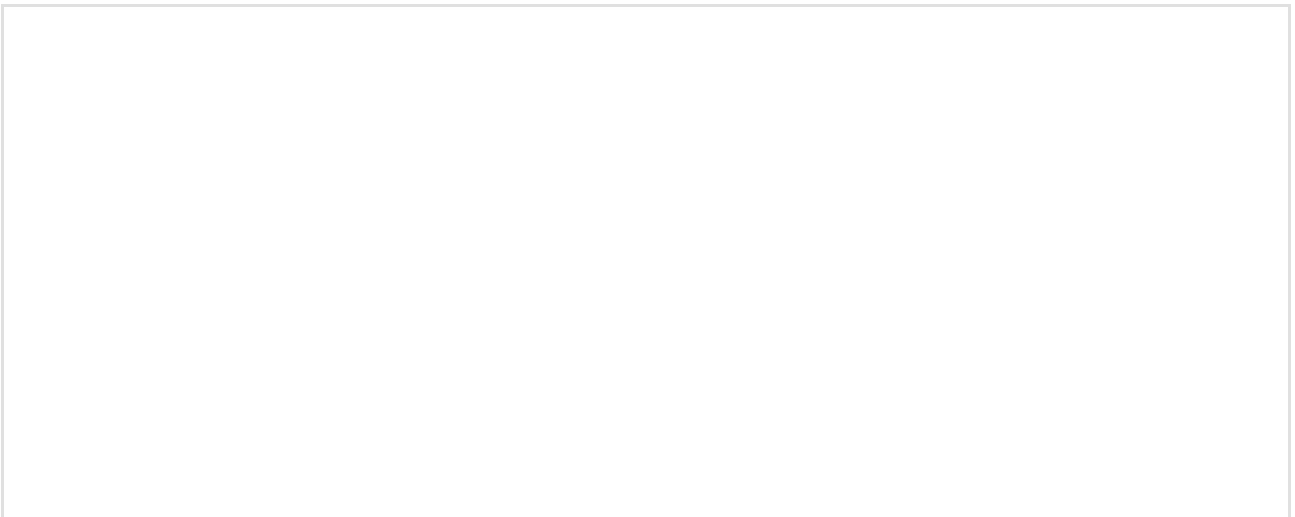
- 1. Judge your own thoughts, emotions, and behavior. You can decide how you want to respond based on how another person's behavior impacts you.**

- 2. Decide whether you are responsible for solving others' problems or not. You can have compassion for others when they are facing trouble, but you should know that you are not responsible for solving it (unless it is your fault).**

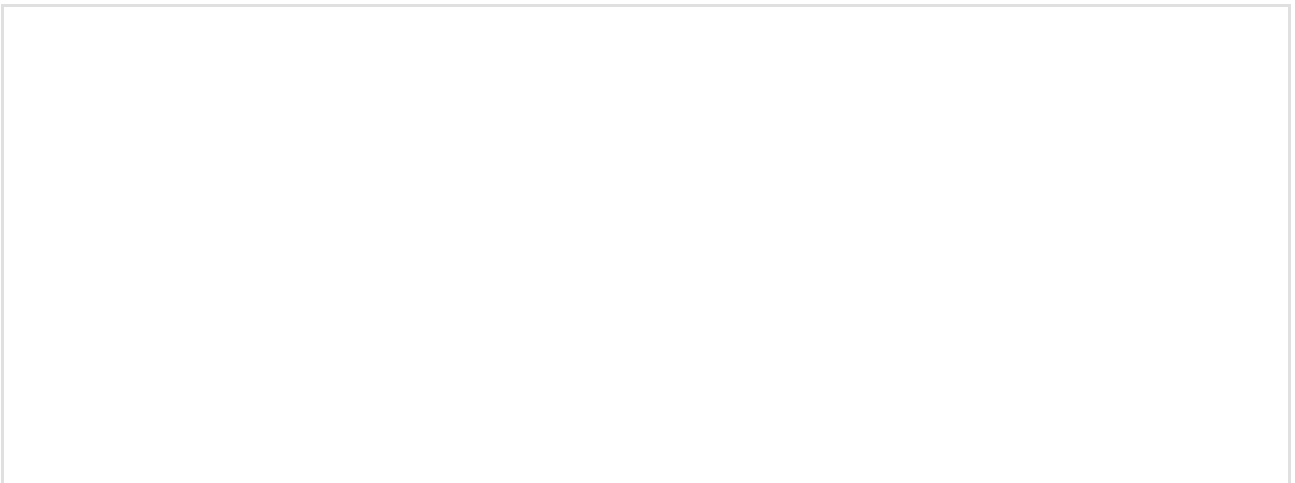
- 3. Change your mind. Our views and beliefs can change over time, so it's okay to change your mind regarding certain things.**



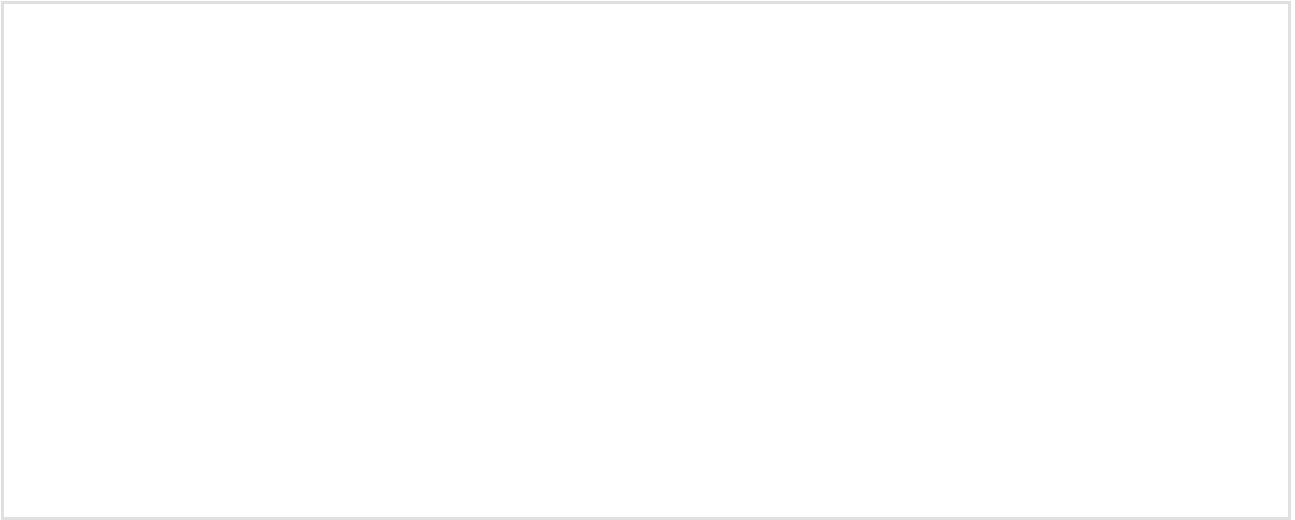
- 4. Say "I don't know." It's perfectly fine to not know something and ask about it. No need to feel the pressure that you're supposed to know something, especially if it's trivial.**



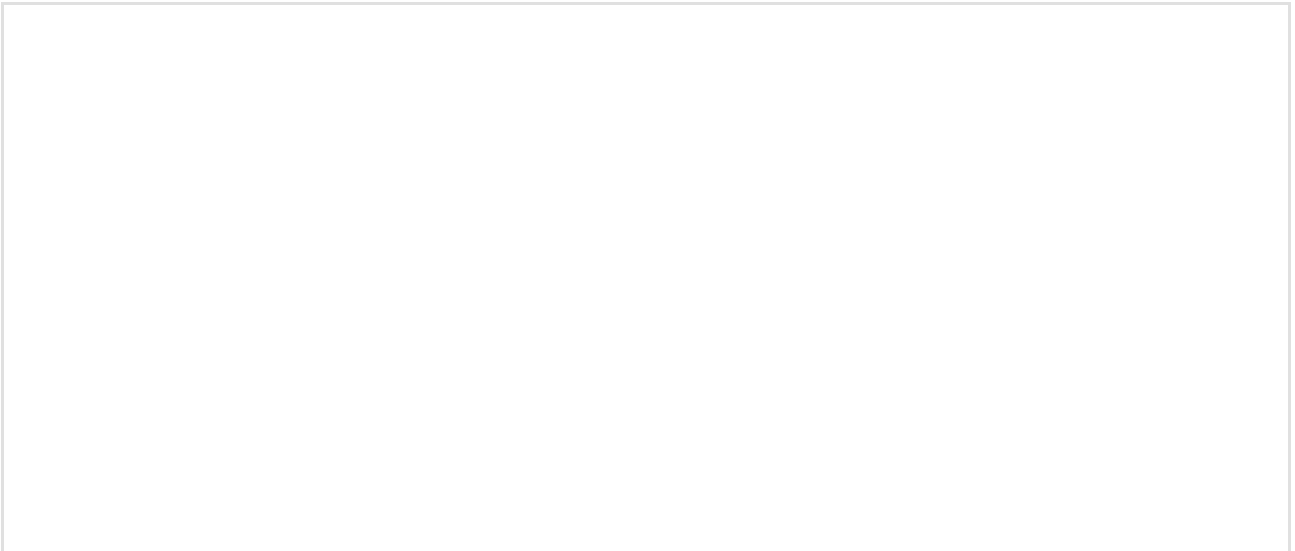
- 5. Make mistakes. It's okay to make mistakes. You can, though take responsibility for them. You shouldn't think that a mistake is automatically unthinkable or unforgivable. Remember that failure is essential to growth.**



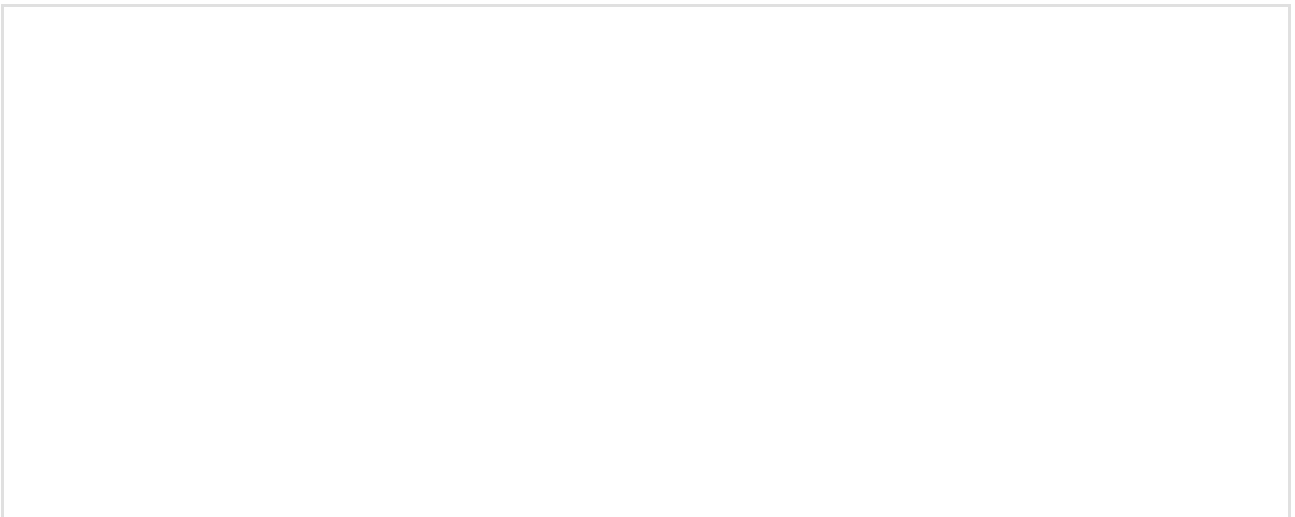
6. **Be independent of others' approval. You should not require the permission of others to form your own views.**



7. **Be illogical. It's okay to make decisions when insufficient information means logic cannot provide you with an answer or predict what happens next.**



8. **Say "I don't understand." It's totally fine if you don't understand something. The problem might not be with you. Maybe something isn't being explained well enough.**



9. **Say “I don’t care.” It’s totally fine not to be interested in a subject or another person’s view (especially biased ones you absolutely don’t agree with).**

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What assertive communications do you think should be included on this list? List up to five. (OPTIONAL)

1.
2.
3.
4.
5.

When would enforcing these rules be appropriate and how would you practice them?



Adapted from the original version by Dr. Jeremy Sutter for Positive Psychology. This is only for clinical use, educational, and non-commercial use.