

Assertive Communication Worksheet

Name	Date
Indicators - Write down the indicators of assertive communication under each of the headings - what might assertive communication look like?	
Body language	
Eye contact	
Voice	
Speech content	
Application - Think about 5 scenarios where you could have been more assertive. Describe what happened, and apply the above characteristics to explore how you could have reacted.	
Scenario 1	
Revised assertive scenario 1	
Scenario 2	
Revised assertive scenario 2	
Scenario 3	
Revised assertive scenario 3	
Scenario 4	
Revised assertive scenario 4	
Scenario 5	
Revised assertive scenario 5	