

# Assertiveness and Anger Worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

This worksheet is designed to help you explore and manage your assertiveness and anger. Assertiveness is the ability to express your needs and feelings in a respectful and honest way, while anger is a natural emotion that can be managed constructively. Use this worksheet to reflect on your assertiveness and anger, and to develop strategies for healthier expression.

**Write down a recent situation where you felt you were not assertive enough. Describe the situation briefly.**

**What emotions did you experience during this situation?**

**How did your lack of assertiveness affect the outcome or your feelings afterward?**

**What could you have done differently to assert yourself more effectively in that situation?**

**Recall a recent situation that triggered your anger. Describe it briefly.**

**What were the physical and emotional sensations you felt when you were angry?**

**Did you express your anger in a healthy and constructive way? If not, how did you express it?**

**What was the outcome of your anger expression? Did it resolve the issue or create more problems?**

**List common situations or triggers that tend to make you angry.**

**Reflect on any patterns or themes among these triggers. Are there specific types of situations or people that consistently provoke your anger?**

**Define assertive communication in your own words. What does it mean to you?**

**List some benefits of assertive communication.**

**Describe a situation where you effectively used assertive communication. What was the result?**

**List at least three healthy strategies you can use to manage your anger constructively in the future.**

**Choose one of these strategies and describe how you would implement it in a triggering situation.**

**Identify one assertiveness skill you would like to improve (e.g., saying "no" without feeling guilty).**

**List some steps or actions you can take to develop this skill. Set a goal for practicing this assertiveness skill in the near future.**

**Additional notes**