

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