

Practising assertiveness

This activity is a chance to prepare for a constructive, assertive conversation. Write a script below to plan out the conversation you need to have, to help you communicate in a clear and constructive way.

Prompts for writing your script

1. Explain the problem situation to the person clearly and directly.
2. Tell the person how you feel, using 'I' statements.
3. Ask for what you need or want to happen, and explain the benefits of doing it.

Using a script is useful when you have time to prepare for a conversation. Keep doing this for challenging conversations until you feel confident asserting yourself without a script, even when a conversation might be difficult.

You won't always have time to prepare for challenging conversations, but the more you practice these skills, the easier it will become to be assertive in the moment.

1. Think of a current situation in your life where you'd like to be assertive with another person. For example, where your needs aren't being met in a relationship, or you're unhappy about something.

2. Use the tips from the guide to write out a script with what you want to say - use the prompts below to help you.

3. Think about how you want to say the words in the script.

4. Practice your script, either by yourself or with someone else.

5. Make any changes to your script that you think would help.

6. Have the conversation.

7. Review how it went – think about what went well, and what you'd do differently next time.