Title: Am I Assertive?

Exercise Code: SLINTEGRA022

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| Modules: | Group size: | Duration: |
| 2. Professional Ethics3. Personal Integrity4. Professional Integrity5. Conflict Solving Strategies6. Problem Solving Strategies  | IndividualSmall group | 45 min |

**Purpose:**

* To learn what it means to be assertive and how a person that is assertive operates
* To improve one’s own communication and expression
* To encourage positive expression of one’s own thoughts and feelings
* To recognize the difference between assertive and aggressive expression

**Description:**

Assertiveness is the ability to express your wishes and beliefs in a positive way.

The exercise can be used individually or as an aid to groups where they are addressing the issue of assertiveness.

If used individually it is good if the person has the option of talking about their own answers (trainer).

If the exercise is used inside a group, it is desirable that the participants speak about situations where they were less decisive and were not assertive. The participants should work together on a solution how to be more decisive in situations in the future. The participants of the exercise should also open up a debate on the topic of what happened that they reacted impulsively and possibly strong. Questions such as: What could be done differently next time, which acts/deeds do I regret, of what should I be careful next time?, are just cues for a concrete discussion.

**Material:**

Paper, pencil

**Methods:**

Discussion, experiental learning

The trainer reads the guidelines and hands out questions to the participants of the group. Before the participants fill out the exercise, it is good that the trainer explains what assertiveness is and why it is important not only in personal life but in a work environment as well.

**Source/Literature:**

Modified and adapted from Teaching Center, Washington University in St. Louis

**Handouts:**

Handout “Am I assertive?”