

CONFLICT

Cut out the person and glue them on the scale where you are at for reacting to conflict. Are you more on the passive side or the aggressive side? Make sure you pick the person facing the right way - towards being assertive.



Using the assertive behaviours listed below, choose 2-3 that you would like to practice more to help you become more assertive rather than passive or aggressive and glue them on the page around you.

LISTEN TO OTHERS

TAKE TIME TO THINK

SPEAK NICELY

BE FIRM

RESPECT OTHERS

THINK OF SOLUTIONS

SHARE MY THOUGHTS

ENGAGE, STAY INVOLVED

CONTROL MYSELF

WHERE AM I AT?

