

Friendship Toolkit

Monash Education

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## Friendship Situations in Which I Lack Assertiveness

Identify those situations in which you need to be more assertive with your friends. By becoming more aware of those situations in which you are not assertive, you can practice your assertiveness training skills.

For each of the situations listed below, describe how you show a lack of assertiveness.

Situations in which I lack assertiveness Why aren't you assertive in this area?

Saying "No" to my friends

Asking my friends to listen without judging me

Asking for respect

Asking for help

Stating my opinion even if it is different from my friend's opinion

Asking for what I want

Asking for help

Asking friends to listen without judging me

Asking for respect