

# Activity Page

## ASSERTIVE COMMUNICATION

**Directions:** Read each statement. Following each situation are three responses. Decide how often you do what the statement says: "most of the time", "some of the time", or "almost never".

	Most of the time	Some of the time	Almost never
1. If I disagree with a friend I let them know.			
2. If a friend wants to copy my homework, and I really don't want them to, I say "no".			
3. If someone hurts my feelings, I tell them how I feel and why.			
4. I ask my friends for a favor if I need one.			
5. If I disagree with someone, I try not to hurt their feelings.			
6. I don't get upset when I make a mistake.			
7. When I need help or am confused, I ask for help.			
8. If I am upset, I tell someone what I need.			
9. I don't do dangerous things with my friends.			
10. If someone breaks their promise to me, I tell them how I feel.			

Count your total answers for  
"most of the time":

0-3 You need to practice

4-7 You are doing okay, but could use some practice

8-10 You are doing very well - keep up the good work!