

ASSERTIVENESS SCRIPT TEMPLATE



A Little Place Called home

Assertiveness Script:

Situation or Issue:

- Date:
- Context/Location:
- People Involved:

Your Goal for This Conversation: What do you hope to achieve with this assertive communication?

- Key Points to Include in Your Assertiveness Script:

Describe the Situation Clearly:

- What is the specific issue or behavior you want to address?

Express Your Feelings:

- How does the situation make you feel? Use "I" statements.

State Your Needs:

- What do you need to happen or change for the situation to improve?

Set Boundaries:

- Clearly define your boundaries and expectations.

Offer a Solution or Request:

- What action or change would resolve the issue?

Use Assertive Language:

- Avoid aggressive or passive language. Be firm and respectful.

Anticipate Reactions:

- Consider possible reactions from the other person.

Response to Potential Reactions:

- Plan how to respond to different reactions or objections.

Assertiveness Script:

(Write out your assertiveness script based on the key points above. Be clear, concise, and assertive in your communication.)

This template will allow you to organize your thoughts and prepare for assertive conversations in a structured manner.

Users can fill in the details specific to their situation, including the context, their feelings, needs, and proposed solutions.

It's a valuable tool for effective communication in various scenarios.

