

Finding Your Assertiveness Balance

Respecting yourself and others and finding balance is key to finding your assertiveness sweet spot (Hill, 2020).

Exploring and reflecting upon past behavior can help develop your assertiveness for the future.

The questions in the following table ask you to think about an earlier event and consider how a passive, assertive, and aggressive response would look. Then consider how you reacted (modified from Hill, 2020).

Example

Question	Answer
What was the situation?	A friend asked to borrow some money.
What would a passive response look like?	Yes, how much?
What would an aggressive response look like?	No way, I can't trust you to give it back.
What would an assertive response look like?	I have a policy of not lending money to friends.
What was my actual response?	I became embarrassed and said, "sure, let's talk about it later."

Now think of several real-life situations:

Scenario 1

Question	Answer
What was the situation?	
What would a passive response look like?	
What would an aggressive response look like?	

Question	Answer
What would an assertive response look like?	
What was my actual response?	

Consider the three types of behavior: passive, assertive, and aggressive. Which one was closest to how you handled the situation?

Ask yourself, how do I want to handle the situation in the future?

Scenario 2

Question	Answer
What was the situation?	
What would a passive response look like?	
What would an aggressive response look like?	
What would an assertive response look like?	
What was my actual response?	

Consider the three types of behavior: passive, assertive, and aggressive. Which one was closest to how you handled the situation?

Ask yourself, how do I want to handle the situation in the future?

Scenario 3

Question	Answer
What was the situation?	
What would a passive response look like?	
What would an aggressive response look like?	
What would an assertive response look like?	
What was my actual response?	

Consider the three types of behavior: passive, assertive, and aggressive. Which one was closest to how you handled the situation?

Ask yourself, how do I want to handle the situation in the future?

References

- Hill, C. (2020). *Assertiveness Training: How to Stand Up for Yourself, Boost Your Confidence, and Improve Assertive Communication Skills* [Kindle DX version]. Retrieved from <https://www.amazon.com/Assertiveness-Training-Confidence-Assertive-Communication-ebook/dp/B08LZNNVLD/>

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