

## My Assertive Rights: How assertive am I?

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Aim

The aim of this exercise is to assess beliefs and behaviours regarding your assertive rights. Reflecting on your beliefs and behaviours is essential when wanting to modify your unassertive patterns.

### Description

Below there is a list of your assertive rights, reflect on how much you believe and apply them in your daily life. Be honest with yourself and avoid using “buts”. Remember, there are no right or wrong answers.

I have the right to	Do I accept this rule?		Do I always apply this rule?	
	YES	NO	YES	NO
1. Be treated with respect: who I am and what I do.				
2. Feel and express all of my emotions (including anger), my ideas and my opinions.				
3. Recognise my own needs as an individual, to establish my priorities and to make my own decisions.				
4. Say NO without feeling guilty.				
5. Ask for what I want, understanding that the other person has the right to say NO.				
6. Change my mind if I choose.				
7. Make mistakes and be responsible for them.				
8. Offer no reasons or excuses for justifying my behaviour.				
9. Take the time I need to respond.				
10. Ask for information and to be informed.				
11. Get what I have paid for.				
12. Be independent.				
13. Rest.				
14. Say “I don’t know.”				
15. Say “I don’t understand.”				
16. Disagree with others regardless of their position or numbers.				
17. Be treated with respect and to respect other people as well as their right to be assertive				
18. Feel good about myself, my actions and my life and to share it with others.				
19. Recognise that I am not responsible for the behaviour of other adults.				
20. Exercise any and all of these rights, without feeling guilty.				