

Recognizing your unassertive thoughts and behaviours

Name: _____

Date: _____

Aim

The aim of this exercise is to identify and adjust those thought and behaviours that are affecting or limiting your capacity to be assertive.

Description

During this exercise we will explore your interaction and reactions with a situation in which you are being non-assertive. If you wish, you can start with something that is not very emotionally demanding while you get familiar with the exercise.

1. Situation:

Identify and describe below an event or situation in your life that is causing you discomfort. This discomfort may be related to unassertive behaviours and they were expressed in an aggressive, passive or passive aggressive way.

2. Physical Response:

Notice and describe the physical sensations that you experience during this event (tension, headache, nauseous, burning sensation in your belly, etc)

3. Emotional Response:

Identify the emotions that accompany this event, try to name them one by one (do you feel sad, angry, disappointed, hurt?)

Reflect:

Identify the emotions that accompany this event, try to name them one by one (do you feel sad, angry, disappointed, hurt?)

E1:

E2:

E3:

E4:

E5:

E6:

4. Behavioural Response:

How is your behaviour? (do you behave aggressively or perhaps you left without saying anything but visibly upset, etc). What did you do?

B1:

B2:

B3:

B4:

B5:

Reflect: Was your behaviour assertive, aggressive, passive or passive aggressive?

5. Cognitive Response:

What thoughts came to your mind during this situation. Try to write them down below in full, coherent sentences, the more detailed you describe them, the better.

T1:

T2:

T3:

T4:

T5:

Reflect 1:

For each thought, think of how certain you are, they are true. How much you believe them. Rate from 0 (I don't believe this thought at all) to 10 (I fully believe this thought).

T1:

T2:

T3:

T4:

T5:

Reflect 2:

For each thought and rating, what evidence made you reach that conclusion.

T1:

T2:

T3:

T4:

T5:

Reflect 3:

For each thought and rating, explore if there is any possibility of you being wrong.

Tip: imagine you are an external observer, here we are trying to train our mental openness and flexibility. Think if there are other ways to interpret the whole situation.

T1:

T2:

T3:

T4:

T5:

6. Putting all together:

Was your response adequate? Y: _____, N: _____

Why?

7. Adjust:

Based on the information described previously, re-write your behaviours and thoughts in a more assertive way. This will help you see in an easier way more assertive ways to respond.

Adjust Thoughts

AT1:

AT2:

AT3:

AT4:

AT5:

Adjust Behaviours

AB1:

AB2:

AB3:

AB4:

AB5:

8. Plan:

Describe how can you incorporate these new assertive behaviours and thoughts, including strategies you can use to make it happen and how would you proceed if the new response is not put into practice.