

Directions: Label each of the following as either assertive (AS) passive (PS) or aggressive (AG):

<u>The situation you might be in:</u>	<u>What you say and do:</u>	<u>The situation you might be in:</u>	<u>What you say and do:</u>
___1. You are watching a movie, but people seated in the front of you are making it hard to hear the sound.	You sit and fume, clearing your throat occasionally.	___6. You are looking forward to a quiet night alone. A relative calls and asks you to babysit.	You communicate caring, but strength as you say, "I put aside tonight for myself and I won't be able to babysit."
___2. At a meeting, one person often interrupts you when you are speaking.	You look at the person and say firmly, "Excuse me, I'd like to finish what I'm saying."	___7. Your parents or in-laws call and tell you they are dropping by. You are busy.	In a loud voice you say, "You always call two minutes before you are here and expect me to drop everything."
___3. You'd like a raise.	You shuffle into your boss's office and say, "Do you think that, ah, you could see your way clear to giving me a raise?"	___8. Two workers in your office are talking about personal matters. The work has been piling up. Others have been complaining. You are their supervisor.	You call the offenders together, lean towards them and say, "I know how easy it is for time to slip by when you are relaxing and talking to your friends. But work is piling up and I would like you to use the 20-minute break for personal conversation.
___4. You have talked with your boss about a helpful suggestion for organizing the office. He says that he thinks this is a good idea and that he will ask someone else to put the change into effect.	You put your hands on your hips and shout, "This was my suggestion, and I'll not stand for someone else getting all the credit for it."	___9. A good friend is always late for things you plan to do together. You have not said anything for several weeks.	When you friend arrives you look like you are ready to explode. You say "You're never on time!"
___5. A date and time are being set for a weekly meeting. The time is not convenient for you. The times are set when it is impossible for you to make the meeting regularly.	When asked about the time, you look down and almost whisper. "Well, I guess it's okay. I'm not going to be able to come very much, but if it fits everyone else's schedule, it's o.k. with me."	___10. You are the only woman (man) in a group of men (women). You are asked to be the secretary of the meetings.	You respond, "I'm willing to do my share and take the notes at this time. I'd like others to take their turn."

Answers to review questions:

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| 1. P | 5. P | 9. AG |
| 2. AS | 6. AS | 10. AS |
| 3. P | 7. AG | |
| 4. AG | 8. AS | |

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