

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

## **Being Assertive...Not Passive, Not Manipulating, and Not Aggressive! Notes**

- **Aggressiveness:**

- ✓ Taking what you want;
- ✓ Threatening or forcing a person to give you something; and
- ✓ Saying "no" in a way that puts the other person down or violates his or her rights.
- ✓ I'm OK, but you are a loser!

- **Passiveness:**

- ✓ Not speaking up when you'd like something; and
- ✓ Giving in and saying "yes" when you don't really want to, in order to be liked or not hurt the other person's feelings.
- ✓ You're OK, but I'm not OK.

- **Manipulation:**

- ✓ Getting what you want or turning someone down in a dishonest way; or
- ✓ Doing something for somebody only so they'll give you what you want.
- ✓ I'm tricky; you need to be fooled into doing what I want.

- **Assertiveness:**

- ✓ Asking for what you want directly or giving people an honest "no" to things you don't want;
- ✓ It means not using other people and not letting yourself be used either.
- ✓ I'm OK & You're OK.

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

## **Being Assertive...Not Passive, Not Manipulating, and Not Aggressive! Notes**

- **Aggressiveness:**

- ✓ Taking what you want;
- ✓ Threatening or forcing a person to give you something; and
- ✓ Saying "no" in a way that puts the other person down or violates his or her rights.
- ✓ \_\_\_\_\_

- **Passiveness:**

- ✓ Not speaking up when you'd like something; and
- ✓ Giving in and saying "yes" when you don't really want to, in order to be liked or not hurt the other person's feelings.
- ✓ \_\_\_\_\_

- **Manipulation:**

- ✓ Getting what you want or turning someone down in a dishonest way; or
- ✓ Doing something for somebody only so they'll give you what you want.
- ✓ \_\_\_\_\_

- **Assertiveness:**

- ✓ Asking for what you want directly or giving people an honest "no" to things you don't want;
- ✓ It means not using other people and not letting yourself be used either.
- ✓ \_\_\_\_\_