

## Handout to Activity 16: Become Assertive!

1. Think of a time and situation(s) when you were not determined enough.

What happened?

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What did you do?

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How did you feel?

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2. Now, think of a better way to handle possible similar situation in the future. Write down better response and practice it. If it possible to work in a group then take a role play or/and simulation of possible future event.

3. Think of a time when you were strict or aggressive in communication.

What happened?

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What did you do?

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How did you feel?

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4. Now, think of a better way to handle that situation in the future. Write a better response and practice it. If it possible to work in a group then take a role play or/and simulation of possible future event.

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- Resources:** 1. Adapted from: Emotional Intelligence, Daniel Goleman (revised January 28, 2003).
2. Bercko Sonja. 2009. Psychosocial Rehabilitation Counselling Brochure. Integra Institute

