

Assertion Checklist

Think about how much you believe each of these statements. How much do you put them into practice in your own life at the moment?

Please check the answer that best fits your belief in each statement and how much you have applied in your own life.

I have right to:	Do I believe this rule is true?	Have I applied this in last week?
1. Respect myself.	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
2. Recognize my own needs as an individual, independent of others.	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
3. Make clear "I" statements about how I feel and what I think. E.g. "I feel very uncomfortable with your decision".	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
4. Allow myself to make mistakes (at home, school, with friends).	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
5. Change my mind.	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
6. Ask for "time to think it over".	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
7. Allow myself to enjoy my successes (e.g. tell others, reward myself for hard work).	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
8. Ask for what I want, rather than hoping someone will notice what I want.	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
9. Recognize that I am not responsible for the behavior of others (adults).	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
10. Respect other people and their right to be assertive and expect same in return.	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>

Which of the above do you struggle with the most?

Rules of Assertion

I have the right to:

1. Respect myself – who I am and what I do.
2. Recognize my own needs as an individual – that is separate from what is expected of me in particular roles, such as “son”, “daughter”, “student”, “partner”.
3. Make clear “I” statements about how I feel and what I think. For example “I feel very uncomfortable with your decision”.
4. Allow myself to make mistakes. Recognizing that it is normal to make mistakes in life, “no one is perfect”, in order to learn.
5. Change my mind, if I choose.
6. Ask for thinking it over time. For example, when people ask you to do something, you have the right to say: “I would like to think it over and will let you know by the end of next week”.
7. Allow myself to enjoy my successes, that is...being pleased with what I have done and sharing it with others.
8. Ask for what I want, rather than hoping someone will notice what I want.
9. Recognize that I am not responsible for the behavior of others.
10. Respect other people and their right to be assertive and expect same in return.