

## Assertiveness – Practice Session 1

---

Carry a pocket-diary with you and jot down the scenarios you don't feel completely comfortable in, and note how you behaved and handled the situation. Once you are done negotiating with that scenario, take some time off and try to find out what could have been a better response.

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

6. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_