



COURAGEOUS COMMUNICATION

Name: _____

Learn
Engage
Act
Develop

Passive or Aggressive SWITCH to *Assertive*

LEARN

Courageous communication is the ability to express your feelings and opinions honestly and respectfully. Being passive often makes you feel hurt, angry, resentful, and stressed. Being aggressive alienates people, leaving them feeling disrespected. Being assertive, however, allows you to gain confidence while being respectful, creating healthier relationships and a happier life.

PASSIVE
You disrespect me

ASSERTIVE
You and I are respected

AGGRESSIVE
I disrespect you

Objective: To identify your communication challenges. To practice strategies for assertive communication in your difficult situations. To improve your ability to be authentic and respectfully speak your truth.

Why switch from passive or aggressive to assertive?

To be brave enough to communicate openly and honestly with others, to speak truth!

Did you know that being assertive actually reduces your stress? When you're calm and have control over your emotions you're able to speak up when there's a disagreement. This makes life better for both you and others, as they aren't trying to guess what you're thinking or feeling. It also brings you greater opportunities and happiness.

Direction: Complete the LEAD steps in a journal or on this paper.

- Watch: [\(click link\)](#) **SOLE Effects: Curtis on 3 Communication Styles.**
- What impacted you the most from this video and why?

ENGAGE

Communication Assessment

Take the survey below and total your score.

1 - NEVER 2 - OCCASIONALLY 3 - SOMETIMES 4 - USUALLY 5 - ALWAYS

- If I disagree with someone I say so, even if it means they might get upset.
- I can explain the reasons for my decisions and stick with my decisions, even if someone disagrees.
- If a friend wants me to do something I really don't want to do, I can say No.
- When I don't understand what someone is telling me, I ask questions.
- When someone hurts my feelings or makes me angry, I can tell them how I feel.
- If someone is being bullied, I can step in or speak up to help them.
- When there is something a friend can help me with, I ask for help (without feeling guilty or anxious).
- I am able to stand up to peer pressure.
- I can ask an adult I live with for help.
- I talk with others about my views on important things even if their views are different than mine.
- I can ask my teachers, coaches, or other adults for help.
- I can make my point without being physical, yelling, or being mean.
- If a friend borrowed something and did not return it, I could ask them about it
- My decisions are based on what is right for me more than on a need to please others.
- When I experience powerful feelings, I can express them easily (anger, frustration, love, happiness).
- I am comfortable speaking up in a group situation.
- When I make a mistake, I admit it.
- Meeting new people is something I do with ease and comfort.

_____ **TOTAL SCORE:** (Sum of all answers)

Communication Assessment Rating Scale

Read through these communication descriptors.

71 - 90: You are assertive most of the time and handle most situations well. Now you can talk with others about how they courageously communicate. You'll continue to positively influence others!

51 - 70: You are fairly assertive in many situations. Reflect on when it's difficult for you to communicate courageously. Your honest and respectful style can help others to be authentic with you!

31 - 50: You can be assertive in some situations, but your usual response is more passive or aggressive. Practice expressing yourself in a direct and honest way more often. You'll continue to gain confidence as you step out of your comfort zone!

30 - Below: You have difficulty being assertive, but it will get easier! Start small by practicing new skills in situations where you are more comfortable. The more you step out of your comfort zone, the easier it will become. Your improved confidence will allow you to live in the healthiest and happiest way possible.

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ACT & DEVELOP

Watch (click link) **SOLE Effects: How to Become Assertive**

Reflect back to your communication assessment. In the space below write two ways it's most difficult to be a assertive.

Using the strategies you heard, write how you can practice being more assertive these difficult situations.

1. It's most difficult for me to be assertive when...

I can practice being more assertive by...

2. It's most difficult for me to be assertive when...

I can practice being more assertive by...

Post these actions somewhere as a reminder to you each day.

Live Your Adventure!