

## ASKING ASSERTIVELY

- 1. State the fact or feeling.**
- 2. Ask straight out for what you want.**

1. Your friend Taylor tells you that Sam is mad at you. You want Taylor to stand up for you, and tell Sam to talk to you about the problem instead of listening to Sam, and then running back to tell you what Sam said.
2. You feel like your friend is spending more time with a new friend than with you. You miss your friend, and want to spend time with them.
3. One of your friends is always talking about other people behind their backs. You feel like this affects your relationships with those people. You want your friend to handle their own issues and leave you out of it.
4. Your friend often ignores you when other friends are around. You want your friend to treat you like a friend no matter who is around.
5. Your friend is always pressuring you to do what they want to do, and never asks what you feel like doing. You want them to consider what you think sounds like fun.

## SAYING "NO" ASSERTIVELY – OR "HOW TO MAKE THE NO SANDWICH"

- 1. Say something sincere and caring**
- 2. Refuse**
- 3. State your decision or suggest an alternative**

1. Your parents only allow you to go on group dates and you respect their rules. Your crush asks you to go out, just the two of you.
2. Your other, who you really like, asks you to touch in a way you aren't ready for.
3. Your other, who you really like, asks you to send a sexy picture of yourself. You aren't comfortable sending sexy pictures.

## TAKING "NO" FOR AN ANSWER

- 1. Ask for your second choice**
- 2. Accept it gracefully.**
- 3. Remember, if they have to say no more than twice, you're being too aggressive.**

1. Your other says no to going out with you alone, because their parents only allow group dates.
2. Your other says they aren't comfortable touching the way you asked to touch them.
3. Your other said they aren't comfortable sending sexy pictures like you asked them to.

## THE "I" STATEMENT

This technique will allow you to communicate what is upsetting, while avoiding blaming the other person. If our statements feel too blaming, the other person will often become defensive or even angry.

**Format:** "I feel \_\_\_\_\_ when you \_\_\_\_\_ because \_\_\_\_\_."

**Regular:** "You never answer my texts. You don't even care about me."

**"I" Statement:** "I feel hurt when you don't respond because it seems like you don't care about me."