

Assertiveness Challenge

Confidently standing up for your own wants, needs, and feelings while listening to and maintaining respect for others.

- Check in with yourself throughout the day. Identify how you are feeling and what brought the feeling on. Then identify what you want or need based on how you feel. *I feel ____ when _____. I want _____.*
- Look at yourself in the mirror and speak affirmations. Smile at yourself.
- Smile at a stranger. Say “hi” to a stranger.
- Reply to compliments with, “thank you.” Reply to being thanked with, “you’re welcome!”
- Order food for yourself in a drive-thru.
- Follow a recipe to cook or bake something.
- Ask a friend to take your picture (or ask what time it is). Now ask a stranger.
- Read through at least one section of your car manual
- Review the difference between passive, assertive, and aggressive styles of communication.

Strengthen

- Plan a daily, weekly, and monthly self-care activity. Learn to breathe deeply.
- Call a store and ask about the hours or if there is an upcoming sale.
- Place an item on the grocery belt that you don’t want and tell the cashier **after** it’s been rung up without using the words, “I’m sorry.”
(Ex. “Actually, I don’t want that. Can you please remove it? Thank you.”)
- Order food for yourself in-person
- Order food incorrectly and make the correction **afterwards** without using the words, “I’m sorry.” (ex. “I have a correction. Please make that a side of corn instead of rice. Thank you.”)
- Replace “but” with “and,” “should” with “want,” and “why” with “tell me more.”
- When asked to make a commitment respond by saying, “I will think about that and let you know.”

Empower

- Look people directly in the eyes when speaking to them.
- Open a bank account.
- Place time for yourself on your calendar. Feel free to mention that you have plans on that particular day without giving details. You do have plans – plans to be alone.
- Try something new. Start something small and work at it until it is finished.
- Stop saying sorry for 30 days. Find appropriate alternatives if you have done no wrong.
- When asked to make a commitment respond by saying, “no” without using the words, “I’m sorry” and without explaining yourself. (ex. “No.” “No, that won’t work for me.” “No, thank you.”)
- Use your “*I feel ____ when _____. I want _____.*” statements with others.
- When you are second guessing what someone meant by a comment, ask.

Assert