

Assertiveness

Social Anxiety West Topic Session

Difficulties with assertiveness are very common among people with social anxiety. These questions are intended to prompt your thinking around the topic. You do not have to answer them, although it may be beneficial to you if you do.

Questions

- **What does passive, aggressive, passive-aggressive, and assertive communication involve?**
- **If you are unclear on the differences, why might it be important to learn them and how could you learn them?**
- **What are some times when you have been assertive?**
- **What are some times when you might have been passive, aggressive or passive-aggressive?**
- **What fears do you have surrounding standing up for yourself and being assertive?**
- **Who are some people you know who are assertive and how do people react to them?**
- **If you were living in shared accommodation and a housemate was not doing any cleaning, what might you typically do or say (if anything) and why?**
- **If you wouldn't normally be assertive in a situation like the one above, what is something assertive you could say?**
- **Should you expect people to always react appropriately when you are being assertive with them? What reactions should you expect?**
- **Do you always get what you want if you are assertive with people? Should assertiveness be about getting what you want?**
- **Losing someone's love or friendship and conflict are two of the biggest fears related to being assertive, but what might happen if you are not assertive in your relationships with others?**