


Assertive Communication in Relationships

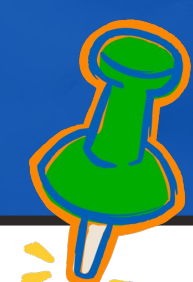
Communication Skills, Module 3




AGENDA



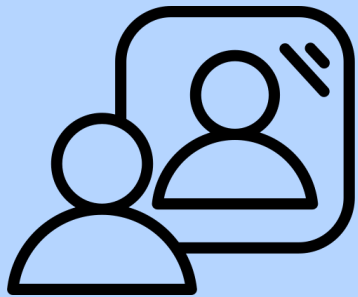
1. Brainstorm the difference between being assertive and being aggressive.



2. Independently, practice using “I” statements.



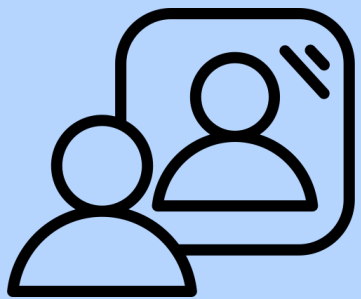
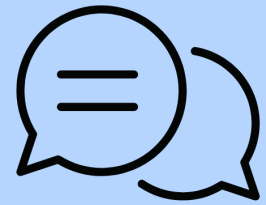
3. Reflect: How can “I” statements help with effective communication.



BRAINSTORM



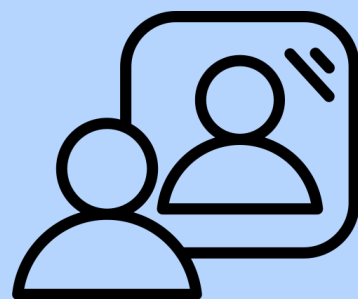
What is the difference between being assertive and being aggressive?



DISCUSS



- Passive Behavior -The main benefit of passive behavior is that it tends to avoid unpleasant situations. The challenge is that personal needs may not met, resentment may build up and there may be feelings of low self-esteem.
- Aggressive Behavior -The benefit of aggressive behavior is that anger often helps achieve short term goals. The problem arises when other are alienated through this behavior leading to feeling of isolation and frustration due to a lack of connection with others.
- Assertive Behavior -The benefit of assertive behavior is that most goals are achieved along with feelings of self-worth and improved relationships.



DIVE IN



Tips and Tricks for “I” Statements:

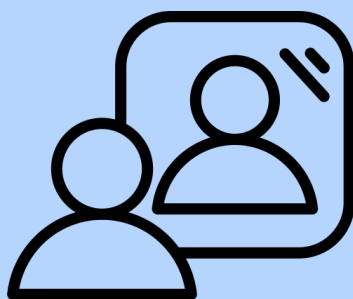
- Used in assertive communication.
- Begins with the word “I”. For example, “I feel” or, “I get upset because” or “I’m looking forward to”.
- Does not include the word you. (The use of the word “you” is an accusation).
- Effective when using a calm voice.
- Effective at deescalating the conversation.
- Shows taking responsibility for ourselves, our thoughts are feelings, instead of blaming them on others.



Pro Tip

Remember...there is no YOU in an “I” statement. For example, I think that you’re wrong to yell at me. I feel frustrated because you yelled. I want you to stop yelling at me.

When we insert the word “you” in an “I” statement, it becomes an accusation rather than an assertive “I” statement. An accusation undermines the attempt to de-escalate the situation and often makes the other person feel defensive.



ACTIVITY



Independently, practice using “I” statements for various situations.



High School

Worksheet

Name: _____

Date: _____

Being Assertive Without Being Aggressive

Using the scenarios, fill in the blanks to create effective “I” statements.

1. Your parents have asked you to stay home and babysit your little brother, but you want to go out with your friends.

I think _____ (what you think about the situation). I feel _____ (use an emotion word to describe your emotion), because _____ (why do you feel this way). I want _____ (your suggestion to solve the problem).

2. Your boss has asked you to work overtime again, and you have other plans.

I think _____ (what you think about the situation). I feel _____ (use an emotion word to describe your emotion), because _____ (why do you feel this way). I want _____ (your suggestion to solve the problem).

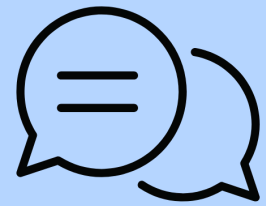
3. Your friends want you to have a party when your parents go away for the weekend.

I think _____ (what you think about the situation). I feel _____ (use an emotion word to describe your emotion), because _____ (why do you feel this way). I want _____ (your suggestion to solve the problem).

4. Your best friend always chooses the movie or tv show or activity that you do and you’d like to be the one to make a choice every now and then.

I think _____ (what you think about the situation). I feel _____ (use an emotion word to describe your emotion), because _____ (why do you feel this way). I want _____ (your suggestion to solve the problem).

Reflect: What style of communication do I usually use? How might using “I” statements help my communication with others to get more of what I want?



REFLECT



What style of communication do I usually use? How might using “I” statements help my communication with others to get more of what I want?



Extend & Enrich

How can we use empathy to improve our communication?

[How to Become a More Empathetic Communicator — and Why It Will Make You a Better Leader](#)



Home Connection



Home Connection

Being assertive without being Aggressive

Dear _____,

I'm excited to share that your student has been learning about different communication styles in class. We explored the three main styles: Passive, Aggressive, and Assertive. Each style has its benefits and challenges. Passive behavior often avoids conflict but can lead to unmet needs and low self-esteem. Aggressive behavior can achieve short-term goals but may result in isolation and frustration. Assertive behavior, which values both parties, promotes self-worth and improved relationships, although dealing with passive or aggressive communicators can still be challenging.

We focused on using "I" statements to communicate assertively. "I" statements help express thoughts and feelings without blaming others, which can de-escalate defensiveness and foster better communication.

Please discuss this question with your student: Can you give an example of an "I" statement you might use in a difficult situation? How do you think it would help in resolving the issue? This will help reinforce their learning and encourage them to practice assertive communication at home.

Please do not hesitate to reach out with any questions or concerns.

Best,

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Professional Development



Take 5 minutes to consider: How am I using “I” statements in my communication? Which style of communication do I tend to use? How effective am I in my communication?





Further Study

TeensHealth

<https://kidshealth.org/en/teens/assertive.html>

5 Tips to Make Assertive Communication Easier and More Effective

<https://youtu.be/vlwmmfiCb-vc?si=O9h0ltWL95rvd9YA>





Lesson Complete!

