

Concussion - Pathway to Recovery Program

Session 11 - Assertiveness worksheet

Step 1: State the problem.

Example: After dinner, I often end up cleaning up by myself.

Write down your example:

Step 2: How does it make you feel?

Example: I feel taken for granted when others don't help me in the kitchen.

Write down your example:

Step 3: What do you want to happen?

Example: I want each person to clear their spot at the table, rinse their dishes, and load them into the dishwasher before leaving the kitchen.

Write down your example:

Step 4: How would getting what you wanted make a difference?

Example: I would feel happier about cooking dinner for everyone if I got help cleaning up.

Write down your example: