

## Aggressive & Assertive

Using a dictionary, find the definitions and synonyms. Then make up a sample sentence for these words:

### Aggressive:

Definition:

Example:

Synonym:

Sample Sentence:

### Assertive:

Definition:

Example:

Synonym:

Sample Sentence:

Differences between aggressive and assertive:

Using assertive versus aggressive language will always get better results. Read the examples for stating your preferences in an assertive way. It is best to use statements. For example:



"I have some other ideas, could we talk about those?"



"I'm not comfortable with those choices. Are there some other things we could consider?"



"I'd like to think about this and see if I can think of some other choices."



"Another possibility I had thought about is ..."



Make up your own assertive statement:

# Limited Choices

You will have a turn at each of the roles described here. The questioner will read the situation. The reader will give an assertive answer to solve the problem. The recorder will rate the responder's answer on the chart. Give the responder two turns to give an assertive answer.

## 1

**Questioner:**

**Responder:**

**Recorder:**

It is time to register for classes. You want to take a computer class. Your goal is to learn to program computer games. Your advisor is telling you to choose between an auto repair class or graphics printing class. What will you say to the advisor?

Rate the Response				
Aggressive				Assertive
1	2	3	4	5

## 2

**Questioner:**

**Responder:**

**Recorder:**

You just got a job in the Summer Training program. The counselor told you that you could work in the library or bus barn. Neither job is interesting to you. What will you say to the counselor?

Rate the Response				
Aggressive				Assertive
1	2	3	4	5

## 3

**Questioner:**

**Responder:**

**Recorder:**

You asked the club sponsor if you could join the Science Club. You were told you couldn't because you didn't take Honors Science. The sponsor suggested ROTC or Computer Club. You love science and your best friend is in the club. What will you say to the sponsor?

Rate the Response				
Aggressive				Assertive
1	2	3	4	5