WORKSHEET 74 · FOR THE PSYCHOLOGIST

Saying what I need

Expressing yourself assertively, simply and respectfully

AIM

Practise assertive communication: expressing a need, a request or a refusal clearly and respectfully towards oneself and the other person, neither passive nor aggressive.

WHO IT IS FOR

Difficulty saying no, asking or disagreeing; social anxiety, exhaustion.

DURATION

20 min in session; practice

HOW TO RUN IT

1. Distinguish three styles: passive (keeping quiet), aggressive (imposing), assertive (saying it clearly while respecting the other person).
2. Prepare a request with this structure: the facts, what I feel, what I am asking for, what it would bring.
3. Rehearse it in a role play, also working on tone of voice and eye contact.
4. Choose a real, low-stakes situation for the week.

POINTS TO WATCH

> Being assertive doesn't guarantee getting what you ask for. In a violent or controlling relationship, safety comes first: refer to specialist help.

REFERENCES

Speed, B. C., Goldstein, B. L. & Goldfried, M. R. (2018). Assertiveness training: A forgotten evidence-based treatment. Clinical Psychology: Science and Practice, 25(1), e12216.

Linehan, M. M. (2015). DBT Skills Training Manual (2nd ed.). Guilford.

PSYCHOLOGIST'S NOTES

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WORKSHEET 74 · WORKSHEET TO HAND OUT

Saying what I need

Being assertive is neither keeping quiet nor imposing yourself: it is saying clearly what you need, respecting the other person and yourself. It can be learnt, starting with small situations.

1. The facts, without judging: “When…”
2. What I feel: “I feel…”
3. What I am asking for, clearly: “I would like you to…”
4. What it would bring: “That way…”. And I listen to the answer.

Situation	What I said	How I felt /10	What happened

What helps me dare to say what I need?

These exercises do not replace therapy. If you are in distress or having suicidal thoughts: 112 (European Union), 3114 (France) or the emergency number of the country where you live.

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