

## Assertive Communication Take Action

Something I learned today that made a difference: \_\_\_\_\_

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I commit to try the following strategy: \_\_\_\_\_

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Some other strategies I can try:

- I will practice Assertive Communication Techniques.
  - “I” statements
  - Voice control
  - Stay on topic
  - Focus on behavior, not character of the other person
  - Ask questions for clarity
  
- I will practice using one or more of the following non-verbal communication skills:
  - Eye contact
  - Posture
  - Facial expressions
  - Gestures

Record the outcomes or experience of my actions: \_\_\_\_\_

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Signed \_\_\_\_\_ Date \_\_\_\_\_

