

Adventure

05 COURAGEOUS COMMUNICATION

Switch Passive or Aggressive *to* Assertive

SOLEFX
JOURNEY





Adventure 05 COURAGEOUS COMMUNICATION

Learn
Engage
Act
Develop

Switch Passive or Aggressive to Assertive



Assertive leaders are vulnerable, yet can express their opinions with confidence. The more you practice being assertive, the easier this skill will become.

- In **passive** communication, you hold back what you think and feel. You are unnecessarily apologetic and have weak boundaries.
- In **aggressive** communication, you give your opinion forcefully, dominate conversations, and often intimidate or hurt others.
- In **assertive** communication, you stand up for yourself and others respectfully, setting clear boundaries. You are direct, firm but fair, and strong enough to ask for help.

Negative FX Poor communication leads to stress, relationship conflicts, and feelings of frustration, manipulation, and resentment.

Positive FX Being assertive creates stronger and more honest relationships while building your self-confidence. You feel empowered.



Our Goal

TO SPEAK TRUTH

Bravely stand up for yourself
and seek support.



In Today's Adventure You Will:

- ▶ Identify your current communication style.
- ▶ Recognize situations when being assertive is difficult for you.
- ▶ Utilize strategies to say no and ask for help.

WAYS TO SAY NO

STRATEGIES

- | | | |
|--------------------------------------|---|--|
| Just say no. _____ | → | "That doesn't work for me." "No thanks!" |
| Use your parents as an excuse. _____ | → | "I can't or my parents will..." "If only I could..." |
| Give yourself time to think. _____ | → | "I'll let you know." "Let me check." |
| Use humor. _____ | → | "I can't afford to lose any more brain cells." |
| Suggest a different activity. _____ | → | "Instead, why don't we...?" "I'd rather..." |
| Give an excuse. _____ | → | "I'm too busy." "I already made plans." |
| Give a reason it's a bad idea. _____ | → | "I don't want to lose... (a spot on the team, parent's trust, etc.)" |
| Be honest. _____ | → | "I have to study." "I just can't." "I'm not cool with that." |
| Leave the situation. _____ | → | "Gotta go..." |
| Other ideas: | | |



ASSERTIVENESS SURVEY

Take the survey by rating yourself on each statement.

1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Always

- ___ 1. If I disagree, I respectfully voice my opinion, even if they'll get upset.
- ___ 2. I will explain the reasons for my decisions, even if someone disagrees.
- ___ 3. If a friend wants me to do something I don't want to do, I can say no.
- ___ 4. If I don't understand what someone is telling me, I ask questions.
- ___ 5. If a friend borrows something and doesn't return it, I can ask them for it.
- ___ 6. If someone is being bullied, I can step in or speak up to help them.
- ___ 7. If there is something a friend can help me with, I can ask for help.
- ___ 8. I am able to stand up to peer pressure.
- ___ 9. I can express strong feelings easily (i.e., anger, love, etc.).
- ___ 10. If someone hurts my feelings or angers me, I tell them how I feel.
- ___ 11. I talk to others about my views, even when they're different from mine.
- ___ 12. I feel comfortable asking my teachers, coaches, or other adults for help.
- ___ 13. If I'm overwhelmed and stressed, I can ask for help.
- ___ 14. I can make my point without being physical, yelling, or being mean.
- ___ 15. I am comfortable speaking up in a group situation.
- ___ 16. If I'm in a crisis (i.e., addiction, eating disorder, depression, etc.), I can ask for help.
- ___ 17. I make decisions on what is right for me, not on a need to please others.
- ___ 18. If I don't get the support I need after asking for help, I'll ask someone else.
- ___ 19. When I make a mistake, I'm strong enough to admit it.
- ___ 20. I think asking for help shows maturity and confidence, not weakness.
- ___ **TOTAL** your score then circle your results below. Put a check next to your assertiveness level.



☐ 81 - 100	☐ 61-80	☐ 41-60	☐ 40 & Below
Almost always Assertive	Somewhat Assertive	Occasionally Assertive	Infrequently Assertive
You can handle most situations well. Now you can influence others to be more assertive, positively impacting their lives.	Reflect on how being assertive gets easier the more you practice. Your honesty can help others be authentic with you.	Try to practice expressing yourself more directly. This may be uncomfortable, but you'll gain confidence.	The more you step out of your comfort zone, the easier it will become. Start small and you'll see life-changing results!

ASKING FOR HELP

Look back at questions 7, 12, 13, 16, 18, and 20 and put a star next to them. These are situations related to asking for help. Which one is most difficult for you and why?

What is something currently in your life that you want to ask for help with?



TEAM DISCUSSIONS



1. WAYS TO SAY NO

- ▶ From the visual, share ways you're comfortable saying no.
- ▶ What is a situation where you need help saying no? *To strengthen your confidence, practice with a partner saying no in this situation.*

2. ASSERTIVENESS SURVEY

- ▶ In what situations do you find it most difficult to be assertive?
- ▶ Do you communicate more passively or aggressively and why?
- ▶ What gets in the way of you being assertive?
- ▶ Share ideas of how you can build skills to be more assertive

3. ASKING FOR HELP

- ▶ What situations are most difficult for you to ask for help with and why?
- ▶ If you asked for help in this situation, what's the worst thing that could happen? How would their response impact your confidence?
- ▶ What is something you currently want to ask for help with? *Share ideas on how you can most easily ask.*



COURAGEOUS COMMUNICATION

Switch Passive or Aggressive to Assertive

Step 1

Choose a strategy that will help you to communicate more assertively.

Step 2

Reflect back on what you learned about yourself and from others during your discussions.

Step 3

Return to your Leadership Guidebook and locate your **GPS** for Adventure 05 to:

- » **Set Your Goal**
- » **Track Habit Progress**
- » **Build on Successes**

TO SPEAK TRUTH

Strategies to Develop Healthier Habits

- ☐ Be respectful and honestly express myself.
- ☐ Practice saying no, standing up for myself.
- ☐ Bravely ask for help when I need support.

Switch the Story *Live* Your Adventure