

Assertively Saying No Observation Form 25

[Relationship Skills & Healthy Relationships](#)

	Name	Name	Name	Name
<u>Assertive Behaviors</u>				
Direct Eye Contact				
Appropriate Volume (neither too loud or too soft)				
Firm Voice				
Open, Relaxed, Cooperative Tone				
<u>Aggressive Behaviors</u>				
Ex:				
Ex:				
<u>Passive Behaviors</u>				
Ex:				
Ex:				
<u>General</u>				
Ex:				
Ex:				
<u>Delay The Decision</u>				
Ex:				
Ex:				
<u>Use Your Personal Credit Card</u>				
Ex:				
Ex:				
<u>Recruit an Ally</u>				
Ex:				
Ex:				
<u>Making Parents the Bad Guy</u>				
Ex:				
Ex:				
<u>Everyone Is Doing It</u>				
Ex:				
Ex:				
<u>Responses To Continued Pressure</u>				
Ex:				
Ex:				
Ex:				
<u>Stopping Rumors, Gossip, Ostracism, & Talking Behind Someone's Back</u>				
Tells them how you are feeling about what they saying				
Use an "I Appreciate It" Statement				
Recruit an Ally				
Leave the Situation				