

Assertiveness Scorecards

Use these scorecards to record your difficult or challenging interactions with others. Identify the situation and your response, then classify your reaction as assertive, passive, aggressive, or passive-aggressive. Record the outcome, how you felt about the exchange, and, if your response was not assertive, an alternative assertive response that might have worked better.

Date: _____ Time: _____ Place: _____
Person/Situation: _____
Your Response: _____
Assertive, Passive, Aggressive, or P/A? _____
How did it turn out? _____
Feelings Afterward: _____
Alternative Response: _____

Date: _____ Time: _____ Place: _____
Person/Situation: _____
Your Response: _____
Assertive, Passive, Aggressive, or P/A? _____
How did it turn out? _____
Feelings Afterward: _____
Alternative Response: _____

