

## IE2: Skills of Assertiveness, Part 1

**1. SKILL ONE: KNOWING YOUR PRIORITIES** 

**Relationship:** 

**Priorities and their importance on a scale of 1-5:** 

## 2. SKILL TWO: ASKING FOR WHAT YOU WANT (IN A WAY THAT PROTECTS THE RELATIONSHIP)

How I would phrase my request:



## **3. SKILL THREE: NEGOTIATION**

How I'd express that I'm open to negotiation:



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