

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:



www.dialecticalbehaviortherapy.com