

PRACTISE / RESOURCE 11

My Assertiveness Practice Ladder

Plan manageable practice and test one prediction at a time.

Name / reference: _____ Date: _____

List situations from easier to harder and choose a manageable starting point. This is not a requirement to tackle every situation. Practise words in a role-play, written draft or voice note first. Predict an observable response, then compare it with what happens. Success includes making a respectful attempt, even when you feel nervous.

WORKED EXAMPLE

Easier: express a preference for where to meet (3/10). Next: ask a colleague for clarification (4/10). Later: decline a small request (6/10). Prediction for first practice: "My friend will complain if I choose." Plan: state one preference and notice their actual reply.

START HERE

An easier situation to practise; difficulty 0-10:

A moderately difficult situation; difficulty 0-10:

A harder situation for later, if appropriate; difficulty 0-10:

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A HELPFUL REMINDER

Start where learning is possible. If a step is too much, make it smaller rather than treating that as failure.

PRACTISE IN YOUR OWN WORDS

My chosen first step: with whom, where and when?

My exact prediction and how likely it feels, 0-100%:

Words I will try and a support or adjustment I can use:

What will I observe? What would count as trying the skill?

After practice: what happened, and what step fits next?