







Assertiveness Strategies Matching Game

Directions: Draw a line from the assertiveness strategy on the left to its matching description on the right.

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|  | 1. Identify communication types | a. I will communicate how I feel and why. |
|  | 2. Find my feelings | b. I will stop and think about someone else's feelings. |
|  | 3. Show empathy | c. I will communicate my ideas and thoughts respectfully when in a group. I will also listen to others' thoughts and ideas so we can decide how best to complete the task. |
|  | 4. Voice my feelings | d. I will use my own words to explain the most important parts of what someone else has said. |
|  | 5. Listen and summarize | e. I can tell if someone is being passive, assertive, or aggressive. |
|  | 6. Show respect without words | f. Before making a decision, I will stop and think about what will happen if I'm passive, assertive, or aggressive. |
|  | 7. Speak my mind and be kind | g. I will explain what I want to happen as part of an assertive statement. |
|  | 8. Respect my boundaries | h. I will set guidelines, or boundaries, about what I will or will not do in challenging situations. |
|  | 9. Do my part | i. I will make eye contact with the other person, keep my hands and feet still, and focus on what they say. |
|  | 10. Predict outcomes | j. I can stop and think about my feelings. |

Answers: 1 e, 2 j, 3 b, 4 a, 5 d, 6 i, 7 g, 8 h, 9 c, 10 f.