**Assertiveness 1**

**Four Stage Model**

**Questions to ask yourself**

**What do you want out of this situation – what would be a success?**

**What’s the worst that can happen?**

**What’s the best that can happen?**

**What’s most likely?**

**What is the risk of saying nothing?**

1. **Say clearly what you want**
2. **Explain what effect the behavior, attitude or issue has on you or others**
3. **Give specific examples**
4. **Ask for change**



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