

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



Lothian Centre for Inclusive Living

0131 475 2350

LCIL@lothiancil.org.uk