

OVERCOMING ANOREXIA NERVOSA

For each situation below, make suggestions for what you think the three types of responses might be: i.e. not how you would behave under the circumstances, but how you think an aggressive, non-assertive or assertive person might respond.

(a) You are out for a works night out in mixed company. During a friendly difference of opinion one of the men says quite seriously, *'Of course women are definitely the inferior race. It's been proved.'*

Aggressive: _____

Non-assertive: _____

Assertive: _____

(b) You are with friends deciding which movie you are all going to see. Someone suggests a movie that you have already seen and didn't like at all.

Aggressive: _____

Non-assertive: _____

DEVELOPING ASSERTIVENESS

Assertive: _____

(c) A colleague from work criticises another mutual colleague. You feel the criticism is unjustified.

Aggressive: _____

Non-assertive: _____

Assertive: _____

(d) You bought an expensive designer dress that you really liked. After the first wash the stitching around the left shoulder seam started to come undone.

Aggressive: _____

Non-assertive: _____

Assertive: _____

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(e) You return a pair of trousers because the stitching is faulty. It was the only pair of trousers in that style that were your size. The assistant offers you an exchange or a credit note.

Aggressive: _____

Non-assertive: _____

Assertive: _____

(f) You have whizzed home during your lunch break and are quickly eating a bowl of soup before rushing back to work. The doorbell rings and a smartly dressed man, saying that he is from the gas company, asks to be let in to check your piping as part of a safety campaign. You have had no warning of this and are in a hurry to get back to work.

Aggressive: _____

Non-assertive: _____

Assertive: _____

DEVELOPING ASSERTIVENESS

(g) You have gone to a newly opened restaurant for lunch. They are very slow to take your order, and when your food arrives, it is cold.

Aggressive: _____

Non-assertive: _____

Assertive: _____
