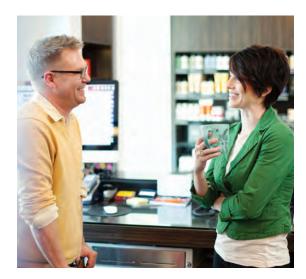
Assertive Communication

Response

There are three styles for responding to difficult situations. An assertive response often offers the best results. In the example below, imagine a situation in which a co-worker says, "You are so grumpy, go back to using tobacco." How do you respond?



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Respond Aggressively "Get lost. You're a creep for trying to tempt me."	Loss of control; increased tension.You have an incredibly strong to urge to use a tobacco product.
Respond Passively You stay silent and feel guilty about acting grumpy.	 Loss of self-respect; decreased confidence. You feel as though you might as well get or use a tobacco product.
Respond Assertively "I'm trying to quit. Please be patient with me and I'll do better."	 You feel good about yourself. You asked for what you want. You respected the other person's feelings and your own feelings as well. The other person usually understands this is a difficult time for you. You have avoided a potentially dangerous trigger (guilt or anger). You stay tobacco-free.

Result

Write down some assertive ways you could respond when someone tries to get you to use tobacco again. For example, "No thanks. I've had enough already!"

1.	
2.	
3.	
4.	