A PAUSE, A PRACTICE, A NEXT STEP

Assertive Communication

Say what matters with clarity and respect.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Choose one purpose

Decide whether you are making a request, setting a limit, or asking for clarification. Keep the first conversation focused on one concern.

01 / Notice and reflect

What is the main point I want to communicate?

02 / Notice and reflect

What specific behavior or event can I describe?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Consider counseling or communication support if conflicts keep repeating. If expressing a need could lead to violence or retaliation, prioritize a safety plan and seek trusted support.

Read more: VA · Assertive communication

More tools and immediate support: Our Healing Room / Crisis Support.