



Toolkit 1 - Learning Unit 11 Post-Intervention

Activity 5

Do you know how to express your opinion?



Guide

Assertive communication is a style in which a person stands up for their own needs and wants, while also taking into consideration the needs and wants of others, without behaving passively or aggressively.

Passive

Aggressive

Assertive

Passive

- ✓ Not expressing your feelings and needs
- ✓ Avoiding conflict and problems
- ✓ "I am OK with whatever happens.", "It's fine, I don't want more troubles."

Aggressive

- ✓ Angry and forceful words
- ✓ Rude, bossy, diminishing others' needs
- ✓ Focused on your own needs
- ✓ "This is how it will happen.", "I want to get to the hospital, I don't care if it is fine for you."

Assertive

- ✓ Eye contact, calm but firm voice
- ✓ Respect your rights and the rights of others
- ✓ "I don't want to leave my family here. Can we wait at hospital till the evening?"





**Psychological
Early
Intervention**

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- Respect yourself
- Express your feelings and thoughts calmly
- Plan what you are going to say
- Say "no" when you need to

Examples:

I want to rest rather than work on the reparation of our house. I am tired and I need to renew my energy level.

I cannot help you with your relationship issue right now, I am focused on my car accident.

I don't want to talk about it right now, I need some time to process it.

I would like to help you with the damage caused by floods, but I have only 2 hours. Can we use it in an efficient way?

Resource: therapistaid.com



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