

Types of Assertion

Basic Assertion: Simple expression of standing up for personal rights, beliefs, feelings or opinions.

Example: When being interrupted “Excuse me, I’d like to finish what I’m saying.”

Empathic Assertion: Recognition of other person’s situation or feelings followed by another statement standing up for speaker’s rights>

Example: “I know you are feeling angry and frustrated while you wait for a response. But, the best I can do is give you a ballpark estimate of how long it will take.”

Escalating Assertion: Start with a minimal assertive response. If others fail to respond gradually escalate the assertion increasingly firm without being aggressive.

Example: From the first example, “I know what you have to say is important but I really want to finish what I was saying.” “I really want to finish before you begin to speak”

Confrontive Assertion: Describe what was to be done (what actually occurred) and express what you want.

Example: “I told you to complete the forms by Nov. 15th, and you agreed to do so. Now it is Jan 15th and you are telling me that you forgot the forms but you still expect to complete our business on time. What is it that you want me to do?”

I-Language Assertion:

Description of behavior: “When you _____,”

How it affects your life: “It affects _____,”

Describe your feelings: “and I feel _____;”

Describe your desire: “Therefore, I would like _____.”

Example: “When you shout the effect is I am unable to work with you and I feel angry. Therefore, I would like for you to stop shouting and tell me what you want.”

Positive Assertion: Expressing positive feelings about yourself or someone else.

Examples: “I’m glad you came back to see me.” “I did a good job working with that upset student.”

Repeated Assertion (Broken Record): Opposite of escalation,. Simple, calm, repetition – saying what you want over and over again.

Example: “You said you would complete this form and there is missing information.” Other gives sarcastic remark. “The form has not been completed.” Other gives another demeaning remark. “I have to have this form completed.”

Fogging Assertion: Acknowledging possibility of truth to what other person is saying – agreeing in concept but not necessarily in fact.

Example: “I know these rules may appear to make no sense, but they are the procedures I must use.”