

# Session 2.2: Being assertive – not aggressive

## Activity sheet 2.2.1: The difference between being assertive and being aggressive

Sometimes instead of being assertive, people become aggressive.

### Go back to scene 1 – the café scene

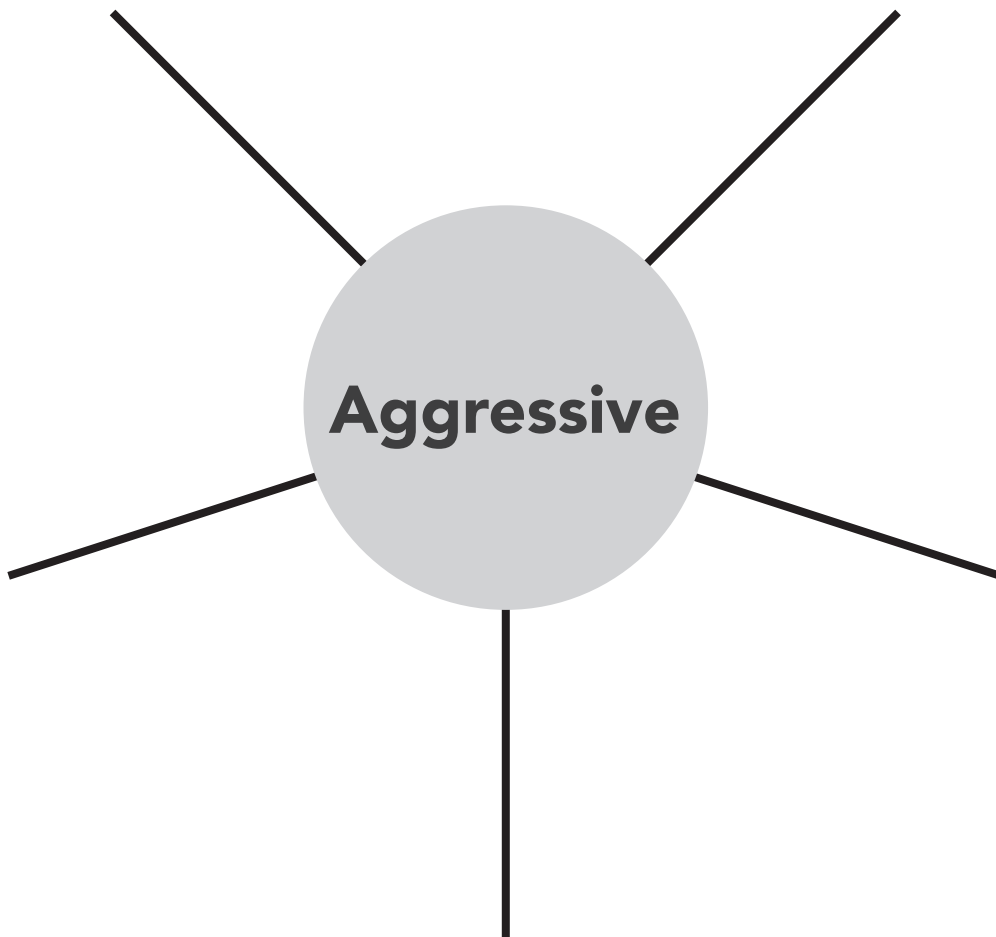
1. A person goes into a café. They are being aggressive. They do not talk, they shout. The waiter asks them if they would like a cup of coffee. They shout 'No of course I don't want (beep) coffee. I want (beep) tea'. The waiter says that the special is good. They throw the menu at the waiter and shout 'I want fish and chips.' The meal is cold so they throw the food on the floor. They are handed the bill. The bill seems too much so they shout and swear at the waiter. Security is called and they are told never to come back again.

Do you think this was a good way to behave?

Do you think they got what they wanted?



## Activity sheet 2.2.2: What is being aggressive?

Complete the spider diagram. Fill in what an aggressive person may do or say.



## Activity sheet 2.2.3: Aggressive or assertive?

Complete the table. Decide whether someone is being aggressive or assertive. Put a tick ✓ in the correct box.

	<b>Aggressive</b> 	<b>Assertive</b> 
<b>Raj is being bullied at work. He reports it to the manager.</b>		
<b>Fatima is cross with her husband so she hits him.</b>		
<b>The food is cold in a café. Chris makes a complaint to the manager.</b>		
<b>Sam is angry with his sister for breaking his stereo. He says she has to pay for it to be mended.</b>		
<b>Graham says very quietly to Fred, 'I am going to get you on the way home.'</b>		

Talk about your answers.