

Scenario Worksheets

SCENARIO #1: Your boss asks you to stay late for the third time this week while all the other employees get to leave on time. You have plans tonight.

ASSERTIVE RESPONSE

AGGRESSIVE RESPONSE

PASSIVE RESPONSE

SCENARIO #2: You are waiting in line to check out at the store and someone cuts in front of you.

ASSERTIVE RESPONSE

AGGRESSIVE RESPONSE

PASSIVE RESPONSE

SCENARIO #3: Somebody at work is making inappropriate jokes that you find offensive.

ASSERTIVE RESPONSE

AGGRESSIVE RESPONSE

PASSIVE RESPONSE

SCENARIO #4: Your roommate constantly leaves his/her dirty dishes in the sink making it difficult for you to prepare your meals.

ASSERTIVE RESPONSE

AGGRESSIVE RESPONSE

PASSIVE RESPONSE

SCENARIO #5: You are preparing for an important exam and your best friend shows up unannounced and wants you to go out.

ASSERTIVE RESPONSE

AGGRESSIVE RESPONSE

PASSIVE RESPONSE

SCENARIO #6: You are out for dinner with friends and after waiting for your food for a very long time, the waiter informs you your order was never placed.

ASSERTIVE RESPONSE

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SCENARIO #7: You are working on a group project with 3 other people and you have just realized that 1 of the group members will not be able to meet the deadline because s/he is a chronic procrastinator.

ASSERTIVE RESPONSE

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SCENARIO #8: You are sharing an office with a colleague who continuously talks to you instead of doing his/her work and it is keeping you from getting your work done.

ASSERTIVE RESPONSE

AGGRESSIVE RESPONSE

PASSIVE RESPONSE