

Name \_\_\_\_\_

## Mastering Assertiveness: Your Key to Effective Communication

### Open-Ended Response Questions

1. Can you provide an example from your life where improving your assertiveness would have been beneficial? How could assertiveness have made a difference in that situation?
2. Explain how assertiveness can contribute to healthier relationships, as discussed in the passage. Provide examples of how assertive communication can resolve conflicts.
3. What strategies or techniques can you use to practice saying "no" assertively without causing conflicts or hurting others' feelings?
4. Share a personal experience or scenario where active listening played a crucial role in assertive communication. Describe how active listening helped in that situation.

