






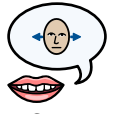



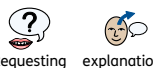


Assertiveness - what am I like at it?

		 never good	 not very good	 quite good	 very good
 Expressing feelings	I'm not very happy				
 Standing up for yourself	I'm happy with my choice				
 Making suggestions	Can I suggest that...				
 Refusing	No!				
 Disagreeing	I don't agree..				
 Complaining	This soup is cold				
 Apologizing	I'm sorry				
 Requesting explanations	I don't understand				