

Build Your Assertiveness

A self-check worksheet from [PersonaGuru.in](https://personaguru.in)

Step 1: Rate the Factors Shaping Your Assertiveness

For each factor, mark how much it has held you back from being assertive so far.

Factor	Low Impact	Medium	High Impact
Childhood & early life	☐	☐	☐
Self-esteem	☐	☐	☐
Emotional intelligence	☐	☐	☐
Cultural norms	☐	☐	☐
Gender expectations	☐	☐	☐
Self-reflection habits	☐	☐	☐

Step 2: What Type of Assertiveness Do You Lean Toward?

Circle the style closest to how you usually communicate under pressure.

Type	What It Looks Like
Basic Assertiveness	Direct, calm, respectful
Empathetic Assertiveness	Direct, but acknowledges the other person's feelings
Escalating Assertiveness	Starts calm, gets firmer if ignored
Aggressive Assertiveness	Forceful, crosses into disrespect

My usual style: _____ My goal style: _____

The 48 Hour Rule & Mirror Test Log

Practice makes assertiveness feel natural instead of risky.

Step 3: Am I Being Assertive or Aggressive?

After any tense conversation this week, ask: did both people feel heard? Log it below.

Situation	Did Both Feel Heard?	Assertive or Aggressive?
	Yes / No	
	Yes / No	
	Yes / No	
	Yes / No	

Step 4: Weekly Mirror Test Tracker

Once this week, say out loud in a mirror something you have been avoiding saying to someone.

Day	Did I Practice?	How It Felt
Day 1	☐	
Day 2	☐	
Day 3	☐	
Day 4	☐	
Day 5	☐	
Day 6	☐	
Day 7	☐	

Step 5: Weekly Reflection

- Which factor from Step 1 affects me the most right now?

- What is one moment this week I stayed silent when I wanted to speak up?

- What is one "I" statement I want to practice next week?

Based on the guide: *Factors Affecting Assertiveness in Personality Development*

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