

Asking For What You Want and Need

Many people have a difficult time communicating their wants and needs effectively. Some people are shy about asking for what they want. Other people feel they don't deserve to get what they want, even though it may be important to them.. Some people have a difficult time deciding how to be assertive without making someone angry.

This worksheet is designed to help you think about how you typically ask for what you want and to consider how you might want to change your behaviors in certain situations. Put a check mark by each statement that describes what you did at a specific time when you wanted something from someone. Then describe what happened under the statements you have checked.

_____ I didn't ask for what I wanted, even though it was important.

What happened?

_____ I hinted at what I wanted, but I didn't expect to get it.

What happened?

_____ I asked tentatively for what I wanted, but I didn't expect to get it.

What happened?

_____ I asked gracefully for what I wanted, but I didn't expect to get it.
What happened?

_____ I asked confidently for what I wanted, while accepting the fact that I might get 'no' for an answer.
What happened?

_____ I asked confidently for what I wanted and pursued getting it, even though I knew I might get 'no' for an answer.
What happened?

_____ I asked firmly for what I wanted conveying that I would not take 'no' for an answer.
What happened?

_____ I asked firmly for what I wanted, I negotiated with the person I was talking to, and eventually got something close to what I was asking for.

What happened?

_____ I wouldn't take 'no' for an answer and I got what I wanted.

What happened?

Write about a time you asked for what you wanted but didn't get it. What would you do or say differently? Be specific.
