c. You and a friend are seated in a crowded movie theater. All the seats are taken. The loud conversation of the couple sitting next to you is distracting.

1) Aggressive response: __________________________________________

2) Submissive response: _________________________________________

3) Assertive response: __________________________________________

d. Your roommates are pressuring you to move with them into a more expensive apartment. You really can't afford to pay more rent; besides, you like your current apartment. You're worried that they'll resent you if you don't agree to their request.

1) Aggressive response: _________________________________________

2) Submissive response: _________________________________________

3) Assertive response: _________________________________________

e. You are standing in line at the supermarket. Someone cuts in front of you. You are annoyed and feel the person should wait in line like everyone else.

1) Aggressive response: _________________________________________

2) Submissive response: _________________________________________

3) Assertive response: _________________________________________

2 Compare your responses in small groups.

**ACTIVITY 3** Practice Being Assertive

1 Think of ten situations in which you might be reluctant to speak up or take action. Choose from the following situations or use your own ideas.

- Speaking up about receiving a lesser product or service than you expected
- Sending back improperly prepared food in a restaurant
- Calling attention to an overcharge in a bill
- Declining an invitation to a social event or for a date
- Saying “no” to unwanted houseguests
- Asking a friend to return money that he or she borrowed
- Speaking up if someone cuts in front of you in line
- Returning a defective product to a store
- Speaking up to a colleague who calls you by a nickname you don't like
- Saying “no” to a friend’s request to borrow a favorite possession