

# **Probing for Self Image & Assertiveness**

You buy a watch, a week later it stops working. Would you complain?

Your friends make up a game with silly rules. Would you say anything?

You have been asked to a party that you know will be boring.  
Would you have the courage to say “no thank you”?

Would you find it easy to openly reject unwanted advice offered by one of your best friends?

When you're on holiday do you spend time sending postcards/text messages to people you do not particularly like?

If your parents are criticising your school and you know they've got their facts wrong, what is your reaction?

You want to play with a child that a dominant group of children have excluded.  
What do you do?

A friend has a hair cut and thinks it looks dreadful – you also think it looks dreadful –  
do you tell them?

You don't understand something that your teacher has said to the class.  
Would you ask him/her for a further explanation?

You want to buy two batteries, but the batteries you want are sold in threes. Would you ask the shop assistant to split a pack for you?

You are overcharged in a fairground. Would you complain?

You are on a healthy eating diet. A friend insists on buying you a cake. Would you eat it?

Are most of your decisions made for you by other people?

Do your friends often speak up for you?

If your friends are talking unkindly about a person who you like, what do you do?

Do you get very upset if people criticize you?

Do you hate looking at photographs of yourself?

Do you tend to keep your opinions to yourself?

Do you often find yourself wishing that you had more skills and talents?

Do you find it difficult to believe that people are being sincere when they say nice things about you?

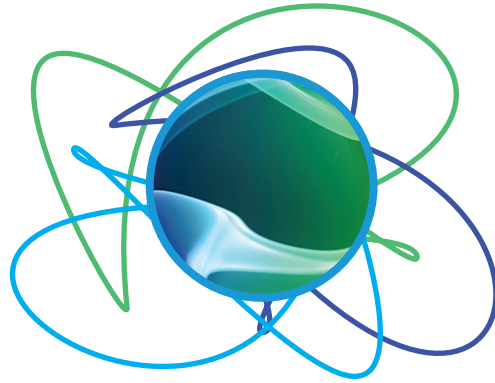
Do you let other people make important decisions for you?



Do you work well with other people?

Do you worry a lot if you accidentally upset other people?

Make a list of things you are good at ...



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