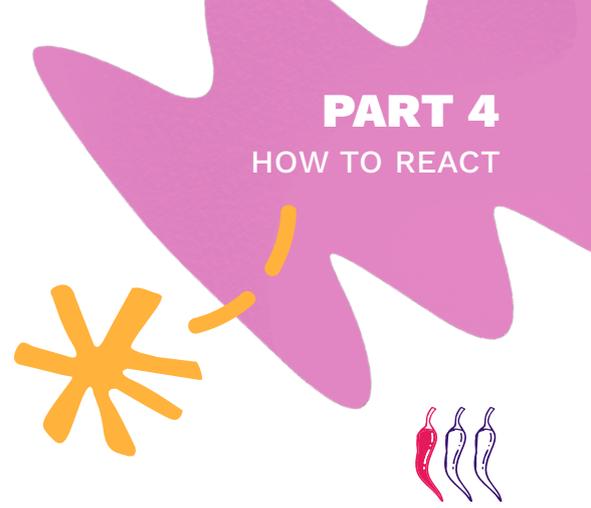


Exercise 7

THE CARD GAME



SITUATION

Communication: assertiveness, the difference between passive, assertive and aggressive



PARTICIPANTS

Variable



MATERIAL

- **Appendix 1:** The cards - print + cut + place in an envelope/plastic bag for each group of participants
- Board or flipchart with 3 columns drawn on it
- See Part 4: framework for assertive, passive and aggressive behaviour



TIME

Approximately 30 minutes

OBJECTIVES

- Practising assertiveness
- Learning the difference between passive, aggressive and assertive behaviour and recognising the characteristics of each.



SEQUENCE

The trainer:

1. Draw a table with three columns on the board or flipchart.
Passive - **aggressive** - **assertive**
2. To begin the exercise, shuffle the cards.
3. Divide the group into subgroups of 2 to 3 participants.
4. Hand out 1 set of cards to each subgroup.
5. Ask the participants to place the cards in the right columns. (passive, aggressive, assertive).
6. Go over the correct answers with the group.