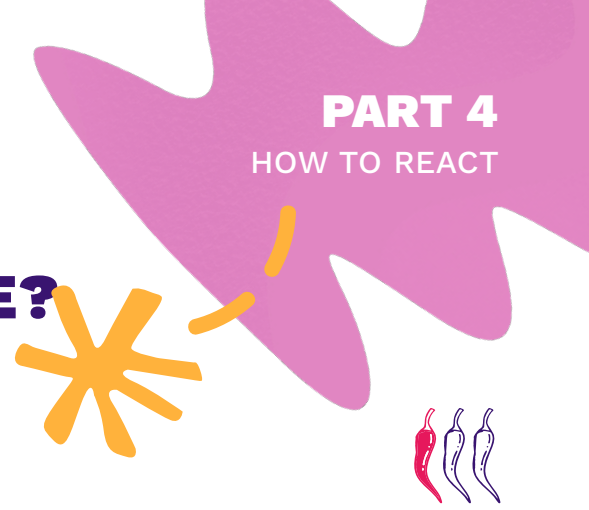


Exercise 9

WHAT IS MY PREFERENCE? ASSERTIVE, PASSIVE, AGGRESSIVE



SITUATION

Where do I see myself? Where do I see myself when it comes to assertive, passive and aggressive behaviour?



PARTICIPANTS

Variable



MATERIAL

Appendix 1: Photos with explanation - Print each photo once



TIME

20 minutes

OBJECTIVES

- Insight into your own behaviour
- Reflection/thinking about yourself



SEQUENCE

The trainer:

1. Hangs the 3 photos with their explanations around the room.
2. Goes over each person in the photo and reads the texts.
3. Asks the participants to go and stand in pairs.
4. Asks them which photo - 1, 2 or 3 - makes you think about yourself the most and asks you to give your partner an example.
5. Gives the pairs a moment to talk about what they uncovered.