

Handout 6.10: My Communication-Tracking Log

Weekly Assertiveness Log

Date(s): \_\_\_\_\_

1. My general communication style

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2. My emotional responses

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3. Degree of negative feelings    LOW 1 2 3 4 5 6 7 8 9 10 HIGH

4. Unhealthy thoughts

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   Certainty of beliefs            LOW 1 2 3 4 5 6 7 8 9 10 HIGH

5. Healthy thoughts

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   Certainty of beliefs            LOW 1 2 3 4 5 6 7 8 9 10 HIGH

6. Communication skills I have practiced

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7. Steps I have taken to be more assertive

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8. Alternative skills I can use to be assertive

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9. Costs and benefits of my communication style

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10. Goals for improving my communication

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