

Handout 6.9: My Communication Diary

Examples of Assertive Communication	My Goal and Outcome My Healthy Thoughts
Examples of Aggressive Communication	My Goal and Outcome My Unhealthy Thoughts Alternative Responses
Examples of Non-Assertive Communication	My Goal and Outcome My Unhealthy Thoughts Alternative Responses
Communication Style Benefits	Communication Style Costs
My Conclusions and Plan for Improving My Communication	