

## WB 2.9c — Assertiveness Practice

Use with Chapter 9 (The Repair) in the manual, Chapter 8 in *Shoulder the Bill*.

**Purpose** Assertiveness is stating a need or limit once, clearly, without over-explaining or apologising for it. This page helps you build the sentence, deliver it regulated, and notice your default slip so you can adjust.

### How to use this page

**When:** Rehearse while calm. State it once and then be quiet — the silence is part of the tool.

**Done when:** You have written one clear first-person sentence and identified your most common slip.

### Worked example

*The need: I cannot take on the extra project this month.*

*My sentence: 'I don't have capacity for this one — I'll pass this time.'*

*My slip: I tend to over-explain. Next time, I stop after one sentence.*

**Anchor Phrase: 'Repair is part of strength.'**

**Protocol:** 1. Name the need. 2. "I notice / I feel / I need..." 3. State once. 4. Be quiet.

**Loop stage:** Act → Connect → Recover

**The need, limit, or response I want to express:**

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**My first-person statement (I notice... / I feel... / I need...):**

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My regulated state when delivering this: ☐ Regulated ☐ Need Body Reset first

My most common slip: ☐ Over-explaining ☐ Apologising ☐ Going silent

**My one clear sentence for a current situation — and my boundary if pushed:**

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☐ Self-Reward Loop completed