

SURE Assertiveness Tool – Interactive Form

S - Show Up

What am I feeling right now?

What is most important to me in this conversation?

Am I prepared to listen as well as speak?

U - Understand

What's my main message?

What outcome am I hoping for?

What does the other person need to understand from me?

What tone and timing will support this message?

R - Ready

How will I phrase my 'I' statement?

What boundary or message do I need to repeat calmly?

What will I say if I need to say 'no'?

What confident body language will I use?

E - Engage

Did I communicate my message clearly?

Did I stay calm and respectful?

What did I do well?

What could I improve next time?

A light blue rectangular box with a thin black border, intended for a user to write their feedback or suggestions for improvement.