

Assertive request rehearsal

Practise clarity and a realistic request. Agreement is not guaranteed by a script.

Observable event (avoid a personality label)

Effect or constraint that matters to the task

One specific request, including timing if needed

A relevant concern or limitation to acknowledge

Boundary or alternative that you can actually offer

Agreed next action - or the issue still unresolved

- ☐ A partner can state what action I am requesting.
- ☐ I have left room for a question, an alternative or a refusal.