

Name :

Date :

# DECIDING TO ASK

**DIRECTIONS:** If you aren't sure if you should ask for something, or how strongly you should ask, try this exercise. Consider each statement. For every statement that you agree with, place a v on the line. When you have finished, count how many v you have. The more v you have, the more confidence you should have in asking for what you want and insisting that you get it. If you don't have too many vs, you might want to rethink your position.

- The other person is able to give me what I want.
- Getting what I want is more important than my relationship with the other person.
- If I ask, I feel competent and keep my self respect.
- Law and/or morality is on the side of this person giving me what I want.
- It is my responsibility to tell this person what to do.
- What I am asking for is appropriate for the relationship I have with this person.
- Asking for what I want will help me achieve a long-term goal.
- I regularly give to or help this person.
- I am able to support my request with adequate reasons or facts.
- The other person is in a receptive mood, so I should ask now.