

1. What are the benefits of being assertive?

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2. How will you deal with someone who is trying to intimidate or control you?

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3. Are you willing to defend your beliefs? Why or why not?

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4. What is the difference between being assertive and being aggressive?

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5. Is sticking up for other people important? Why or why not?

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## Handling Conflicts

1. How do you deal with anger? Do you fight, run away, or hold things in?

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2. What is your best strategy to remove anger that does not involve substance use?

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3. What strategies do you use when you are engaged in conflicts with different types of personalities?

- ✓ Those who are aggressive
- ✓ Those who are passive aggressive
- ✓ Those who avoid conflict
- ✓ Those who are silent
- ✓ Those who hold grudges
- ✓ Those who are in power positions

Aggressive \_\_\_\_\_

Passive Aggressive \_\_\_\_\_

Those who avoid conflict \_\_\_\_\_

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Those who are silent\_\_\_\_\_

Those who hold grudges\_\_\_\_\_

Those who are in power positions\_\_\_\_\_