# Skill-Building Challenge Worksheet: Communicating Well to Keep Yourself and Others Healthy

Name: Blank Class: Blank Date: Blank

1. Review the tips for assertive communication:

Use *I* statements.

Practice saying no.

Practice what you want to say.

Watch your body language.

Check your emotions.

1. Think of a time when you had to defend your choices about your own health. For example, perhaps you chose to miss out on something you wanted to do, or maybe there was a time when, you now realize, you should have been making better, more careful decisions. Write a short script that demonstrates how to use assertive communication to express yourself in that scenario.