

BEING ASSERTIVE IS NOT MY STYLE

If being assertive is not your style – What is your style?

Are you a:

1. **Nice Lady** – who is afraid to say anything or do anything that might offend anyone – especially bureaucrats, because they will call you other names instead of “nice lady”?
2. **Whiner** – who constantly whines and complains about:
 - a. The services you need and are not receiving?
 - b. How bureaucrats treat you when you ask for services?
 - c. How professionals treat you when you try to discuss your progress (or lack of progress)?
 - d. How bad everything is – but never does anything about it?
3. **Clinging Vine** – who clings to others and expects them to stick up for your rights and intervene on your behalf?
4. **Silent Victim** – who has resigned herself to lack of needed services because “there’s nothing I can do about it”?
5. **Fairy Princess** – who expects everything to happen, and every service to be delivered without any effort on your part.
6. **Waiter** – who waits for a miracle to happen, for something someone promised, who waits and waits and waits for someone else to do something.
7. **Bombshell** – who fires angry missiles sporadically, instead of calmly and methodically building a good case for what you need?
8. **Scaredy Cat** – afraid that “if I make trouble they’ll get back at me”?
9. **Appeaser** – who compromises your needs because “if I ask for too much they won’t give me anything”?
10. **Sellout Self-advocate** – who makes deals with bureaucrats to get services for himself and pressures others not to rock the boat?

Adapted and reprinted with permission from “How to Get Services by Being Assertive” published by the Family Resource Center on Disabilities, Chicago, IL, 1993.