

## HEAD-HELD-HIGH ASSERTION

### Fear-Come-True

*[Write the things you fear the most in social or performance situations that make you anxious. Be specific as to what you most fear will happen, and what you most fear people will say or do in reaction to you. Include anything you most fear, no matter how unlikely it is to occur.]*

### Head-Held-High

*[Write the specific ways you would like to handle your fears-come-true, including both what you would SAY and DO. Write out how you would like to assert yourself to the persons who criticize or otherwise react negatively toward you. Use a tone of confidence and conviction. Don't be defensive, overly apologetic or aggressive. Disarm the critics by starting your assertion with acknowledging any truth there may be in the criticism or other negative reaction, but minus any exaggeration or insult. Then stand up for yourself. Write it out even if you don't think you would have the nerve to say it, as long as you would want to.]*

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*1 -I start blushing/sweating when mingling with new people at a social event, and someone tells me I look weird and weak.*

*2 -I say something stupid or incorrect during a conversation, and the other person gives me a weird look. I assume he/she thinks poorly of me and has lost respect for me.*

*3 -I unintentionally offend someone in a conversation, and s/he tells me how hurt and angry s/he is at me.*

*4 -Someone tells me that s/he thinks I'm boring, unappealing or unattractive, and so doesn't want to have anything to do with me.*

*5 -I appear nervous when speaking at a meeting and people tell me that must mean I don't know what I'm talking about and am not good at my job.*

*6 -I go blank when speaking at a meeting because I am so anxious. I can't continue speaking, and people start looking at me strangely. I presume they must be thinking poorly of me, and that they no longer respect me.*

### Head-Held-High

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*1 -It's true that I do blush and sweat easily when I'm uncomfortable. We all have quirks, and that happens to be mine. [Then continue the conversation.]*

*2 -It's true, that was a silly thing for me to say. I'm sorry about that. I'm just like everyone else in that I sometimes say silly things. Oh, well. Let's move on. [Then continue the conversation.]*

*3 -I apologize. I certainly didn't mean to offend you. I sometime make mistakes. [Then continue the conversation.]*

*4 -Oh, well. It's unfortunate that you don't find me to your liking. Fortunately, we all have different tastes and other people like me as I am. [Then move on and start a conversation with someone else.]*

*5 -It's true that I get nervous speaking in front of groups. Lot's of people do. But I happen to be very good at my job and have important things to say. [Then continue speaking at the meeting.]*

*6 -Excuse me. I'm afraid I just lost track of what I was saying. Oh, well. I'm going to go back to my previous point and continue from there. I'd appreciate your patience and attention. [Then continue speaking at the meeting.]*