Journal Prompt

1. Visit [Persuasion, Decision, Commitment—Decision-making](#)

   This site explains how to make a "perfect" decision using a rational, seven-step decision-making method and also provides a more realistic method. Apply the process to a decision that you are trying to make.

2. Try an assertive message and report the results:

   1. Make “I” statements.
   2. Describe behaviors and feelings.
   3. Maintain regular eye contact and a self-confident posture.
   4. Use a firm, but pleasant tone of voice.
   5. Speak fluently.
   6. Be sensitive to the face needs of others.
   7. Other recommendations:
      a. Identify what you are thinking or feeling.
      b. Analyze the cause of these feelings.
      c. Choose the appropriate skills to communicate these feelings, as well as predict the outcome you desire.
      d. Communicate these feelings to the appropriate person.
   8. Remember, our behavior teaches people how to treat us!

3. Visit an article by Dr. Larry Nadig, clinical psychologist and marriage and family therapist, called [How to Express Difficult Feelings](#). Based on the guidelines, write a letter to someone who you need to tell something that is hard for you. Focus on the difference between thoughts and feelings, and detailed directions on "I" language.

4. Close your eyes and picture the one person in your life who, at the moment, seems to hold the greatest power over you. Based upon your knowledge of the five major sources of power in relationships, analyze why you believe this person has so much power over you.

5. Saying “no” is one of the most difficult words for many people. Do you have a situation that you need to turn down that feels impossible to execute? Based on the chapter recommendations, write out your “no” message.