



Homework on Making an Assertive Request

- One request I will make for this week:

Ask Scott to watch Lizzy while I take a bath

- Because I want them to listen without feeling upset, I need to be careful to:

Tell Scott how good he is with Lizzy

Use a positive tone and make eye contact

Ask him when a good time for my bath would be

- Date I will try this on:

Friday

- Person with whom I will try this:

Scott

