

DESO Scripts

On this form write a DESO script for a situation in your own life that could be dealt with using the assertive style. Remember that each part of the script should be quite brief (generally no more than a sentence).

Describe. Set the stage. What's the situation? Remember to focus on behaviour.

Express. State how you feel in this situation without acting it out. Use an "I" statement.

Specify. What would you like? Be brief, focus on behaviour, and frame it positively.

Outcome. What will happen if your request is honoured? How will you feel, what result will take place, what will you do in return, or (rarely) what will you do if the request is *not* honoured?
