

# DEESC Scripting Worksheet

The DEESC scripting worksheet is a tool to practice the skills that lead to becoming more assertive. Typically, it is recommended that you practice completing this worksheet on your own, and then review it with your therapist or group. By completing the following worksheet, it helps you structure how to express your thoughts and feelings about a difficult situation. By reviewing it with your therapist or group, it gives you an opportunity to practice the skill of verbalizing your thoughts and feelings in an assertive manner and get feedback about your delivery.

When selecting a situation for the worksheet, a helpful strategy is to recall a situation with strong feelings. Specifically, try to remember a recent interaction with another person that left you feeling: hurt, angry, frustrated, un-heard, or depressed. Use the worksheet below to begin to craft a healthy discussion with the person about your thoughts and feelings.

**Describe situation (just facts)**

**Express my feelings**

**Empathize with others point of view**

**Specifics of what I want**

**Consequences if you do (positive) or don't (negative) honor my request**

Positive:

Negative:

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