Worksheet 2: Self-Advocacy in Communication

Objective: To develop self-advocacy skills to express your communication needs confidently.

Part 1: What is Self-Advocacy?

Self-advocacy means speaking up for your needs and ensuring that your communication style is respected. It involves:
✓ Expressing when you need clarification.
✓ Asking for accommodations without guilt.
✓ Setting boundaries to protect your energy and focus.

Part 2: Identifying Your Needs

1. What makes communication difficult for you? *(Write at least three challenges.)*

_____
_____
_____

2. What is one way you can advocate for yourself in each situation below?

Situation	How Can You Advocate for Yourself?
Someone interrupts you before you finish speaking.	_____
You are overwhelmed by too much information at once.	_____
A friend doesn't respect your need for processing time.	_____
You're expected to make eye contact when it feels uncomfortable.	_____

Part 3: Practicing Self-Advocacy

Rewrite the following passive or unclear statements as strong, self-advocating responses.

1. **Passive:** “I guess it’s fine if we talk now, even though I’m really tired.”
   Assertive: _____
2. **Passive:** “I’m probably overreacting, but I get overwhelmed when too many people talk at once.”
   Assertive: _____
3. **Passive:** “I don’t know, I just have trouble understanding things sometimes.”
   Assertive: _____

Part 4: Creating Your Own Self-Advocacy Script

Write a script for how you would express a communication need to someone in your life.
Example:
"I process information better when I can take notes. Would it be okay if I wrote things down while we talk?"

📝 Your script: _____

Reflection:

What is one way you can practice self-advocacy this week?

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