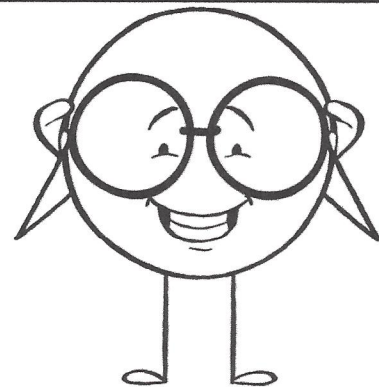


1. A hard situation I went through:



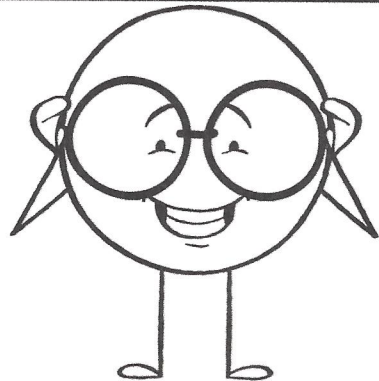
2. What I said:

4. An assertive statement I could make instead:

3. My response was:

- Passive
- Aggressive

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