

Don't Act Like Prey!

A Woman's Guide
To Self-Empowerment

Susan L. Farrell, MBA



**Supplemental Tables for the
eBook edition of *Don't Act Like Prey***

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Table 3-1 Relationships	
Personal	Professional

Table 6-1 **Passive Example**

Who
Situation
Action
Outcome
Assertive Option and Possible Outcome

Table 6-2 **Benefits to Me of Remaining the Same**
(Related to Passive Behavior)

In General
Spouse/Partner
Children
Parents
Friends
Supervisor
Employees
Co-Workers
Customers
Others

Table 6-3 **Benefits to Me of Changing**
(Related to Passive Behavior)

In General

Spouse/Partner

Children

Parents

Friends

Supervisor

Employees

Co-Workers

Customers

Others

Table 6-4 **Costs to Me of Changing**
(Related to Passive Behavior)

In General

Spouse/Partner

Children

Parents

Friends

Supervisor

Employees

Co-Workers

Customers

Others

Table 6-5 **Costs to Me of Remaining The Same**
(Related to Passive Behavior)

In General

Spouse/Partner

Children

Parents

Friends

Supervisor

Employees

Co-Workers

Customers

Others

Table 6-6 **Summary of What I Will Do**
(Related to Passive Behavior)

In General

Spouse/Partner

Children

Parents

Friends

Supervisor

Employees

Co-Workers

Customers

Others

Table 8-1 **Aggressive Example**

Who
Situation
Action
Outcome
Assertive Option and Possible Outcome

Table 8-2 **Benefits to Me of Remaining the Same**
(Related to Aggressive Behavior)

In General
Spouse/Partner
Children
Parents
Friends
Supervisor
Employees
Co-Workers
Customers
Others

Table 8-3 **Benefits to Me of Changing**
(Related to Aggressive Behavior)

In General

Spouse/Partner

Children

Parents

Friends

Supervisor

Employees

Co-Workers

Customers

Others

Table 8-4 **Costs to Me of Changing**
(Related to Aggressive Behavior)

In General

Spouse/Partner

Children

Parents

Friends

Supervisor

Employees

Co-Workers

Customers

Others

Table 8-5 **Costs to Me of Remaining the Same**
(Related to Aggressive Behavior)

In General

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Table 8-6 **Summary of What I Will Do**
(Related to Aggressive Behavior)

In General

Spouse/Partner

Children

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Customers

Others

Table 10-1 **Assertive Example**

Who

Situation

Action

Outcome

Table 10-2 **Benefits to Me of Remaining the Same**
(Related to Assertive Behavior)

In General

Spouse/Partner

Children

Parents

Friends

Supervisor

Employees

Co-Workers

Customers

Others

Table 10-3

Benefits to Me of Changing
(Related to Assertive Behavior)

In General

Spouse/Partner

Children

Parents

Friends

Supervisor

Employees

Co-Workers

Customers

Others

Table 10-4

Costs of Me Changing
(Related to Assertive Behavior)

In General

Spouse/Partner

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Table 10-5

Costs of Me Remaining the Same
(Related to Assertive Behavior)

In General

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Table 10-6

Summary of What I Will Do
(Related to Assertive Behavior)

In General

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