

The 12 Rules Of Assertiveness

I have the right to:

- | | | |
|----|---|--|
| 1 | Respect myself as well as others | – who I am and what I do |
| 2 | Recognise my own needs as an individual | – separate from what's expected of me as a son, daughter, brother/sister or friend |
| 3 | Make clear 'I' statements about how I feel and what I think | – for example 'I feel uncomfortable with your decision' |
| 4 | Allow myself and others to make mistakes | – it's normal |
| 5 | Change my mind | if I choose to |
| 6 | Ask for 'thinking about it' time | – when people ask you to do something, you have the right to say 'I'd like to think it over. I'll let you know by the end of the week' |
| 7 | Allow myself to enjoy my successes | – being pleased with what I've done and sharing it with others |
| 8 | Ask for what I want, | rather than hoping someone will notice what I want |
| 9 | Recognise that I am not responsible for the behaviour of others | or for pleasing others all the time |
| 10 | Respect other people | and their right to be assertive and expect the same in return |
| 11 | Say 'I don't understand' | so you make sure you work out what is happening |
| 12 | Deal with others | without depending on them for approval |

