

The 12 Rules of Assertiveness

I have the right to:

Plan to do
more of this

Respect myself	Who I am and what I do	<input type="checkbox"/>
Recognise my own needs as an individual	Separate from what's expected of me as a mother, wife or partner	<input type="checkbox"/>
Make clear 'I' statements about how I feel and what I think	For example 'I feel uncomfortable with your decision'	<input type="checkbox"/>
Allow myself to make mistakes	It's normal	<input type="checkbox"/>
Change my mind	If I choose to	<input type="checkbox"/>
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.'	<input type="checkbox"/>
Allow myself to enjoy my successes	Being pleased with what I've done and sharing it with others	<input type="checkbox"/>
Ask for what I want,	Rather than hoping someone will notice what I want	<input type="checkbox"/>
Recognise that I am not responsible for the behaviour of other adults	Or for pleasing other people all the time	<input type="checkbox"/>
Respect other people	And their right to be assertive and expect the same in return	<input type="checkbox"/>
Say 'I don't understand'	So you make sure you work out what is happening	<input type="checkbox"/>
Deal with others	Without depending on them for approval	<input type="checkbox"/>