

Being more assertive

The Rules of Assertion

BACKGROUND

Assertiveness is about being able to make sure your opinions and feelings are considered. You can be assertive without being forceful or rude.

Assertiveness means:

- Letting others know about your feelings, needs, rights and opinions while maintaining respect for other people.
- Expressing your feelings in a direct, honest and appropriate way.
- Realising it's possible to stand up for your rights in such a way that you don't disregard another person's rights at the same time.

Assertion is not about winning, but about being able to walk away feeling that you put across what you wanted to say.

HOW CAN I APPLY THIS TO MY LIFE?

1. Respect myself - who I am and what I do.
2. Recognize my own needs as an individual.
3. Make clear "I" statement about how I feel and what I think.
4. Allow myself to make mistakes.
5. Change my mind, if I choose.
6. Ask for 'thinking it over time.'
7. Allow myself to enjoy my successes.
8. Ask for what I want.
9. Recognize that I am not responsible for the behaviour of other adults.
10. Respect other people and expect the same in return.
11. Say I don't understand - when I don't.
12. Deal with others without being dependent on them for approval.

The
12 Rules of
Assertiveness

Further Content

I'm not good enough module and book.
Assertiveness module (Optional modules section).
Being assertive worksheet.
All available at www.lltff.com.

Disclaimer: Copyright resources used under licence.

Although we hope you find this article helpful, it's not intended to be a direct substitute for consultative advice with a health care professional, nor do we give any assurances about it's effectiveness in a particular case. Accordingly, neither we nor the author shall be held liable for any loss of damages arising from it's use.