

ASSERTIVENESS

DEFINITION

Assertiveness is the ability to express feelings, opinions, needs, and desires in a direct, honest, and appropriate manner. It lies between passive and aggressive communication, ensuring that you stand up for your rights without violating those of others. Being assertive allows you to set constructive boundaries.

EXAMPLES

- **Setting Boundaries:** When a boss emails you after work, you might need to assert your right to personal time (and say you're not on the clock!)
- **Declining Politely:** When invited to an event you are not interested in attending, you might need to assert your feelings rather than turning up just to be polite.

Becoming Assertive

Sonya J. Herman



Becoming Assertive:

Be More Assertive Suzie Hayman,2010-09-24 do you lack the confidence to say no do you feel that people sometimes take you for granted would you like strategies that will help you communicate your needs openly and calmly Teach yourself Assertiveness will help you if you re struggling to make yourself heard It will show you how becoming more assertive can change every part of your life for the better and give you techniques and strategies to make assertive behaviour a part of your life You will learn how to give and receive criticism make and receive compliments cope with anger fear and most importantly to say no without feeling guilty NOT GOT MUCH TIME One five and ten minute introductions to key principles to get you started AUTHOR INSIGHTS Lots of instant help with common problems and quick tips for success based on the author s many years of experience TEST YOURSELF Tests in the book and online to keep track of your progress EXTEND YOUR KNOWLEDGE Extra online articles at www.teachyourself.com to give you a richer understanding of asserting yourself THINGS TO REMEMBER Quick refreshers to help you remember the key facts TRY THIS Innovative exercises illustrate what you ve learnt and how to use it

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