



What is Assertiveness?

Assertiveness is the quality of being self-assured and confident without being aggressive. It is having the ability to stand up for one's personal rights and express thoughts, feelings, and beliefs in a way that does not violate another person's rights.

Why is Assertiveness Important?

It gives you the ability to enhance relationships and help build self-esteem. By being assertive you can:

- Make better life decisions
- Take initiative
- Agree or disagree with people
- Defend your opinion
- Be able to say no effectively
- Trust your own judgement in making decisions
- Be able to handle criticism

By having these abilities, you can live a happier, healthier life, without giving any unfair criticism of others, hurting other peoples' feelings, or being dishonest.

What are some aspects of your life that you wish to be more assertive in?

When being assertive, you have the right to:

- Be treated with respect
- Say "no" without feeling guilty
- Change your mind
- Not explain your decisions and behaviour
- Request information
- Feel good about yourself
- Ask for what you want
- Not have all the answers