



ASSERTIVE BEHAVIOR : IDEAS TO KEEP IN MIND

1. Assertive behavior is often confused with aggressive behavior; however, assertion does not involve hurting the other person emotionally or physically.
2. Assertive behavior aims at equalizing the balance of power. With aggression a person is trying to “win the battle” by putting down the other person or rendering him or her helpless.
3. Assertive behavior involves expressing your legitimate rights, as an individual. You have a right to express your own wants needs, feelings and ideas. (but you first need to identify what you want)
4. Remember: Other individuals have a right to respond to your assertiveness by expressing their own wants, needs, feelings and ideas.
5. An assertive encounter with another individual may involve negotiating an agreeable compromise.
6. Assertive behavior not only is concerned with what you say but how you say it. Assertive words accompanied by appropriate assertive “body-language” makes your message clearer.