

## **Ten Signs That You Are Not Being Assertive**

1. You never get to eat at the restaurants that you like.
2. You have joined yet another committee that you don't have time to attend.
3. Once again the holiday dinner is at your house, when every year you vow that you would never host it again.
4. Your great idea for the new product was never even considered. Oh right, you never did tell anyone about your idea.
5. You are wearing a lovely new red dress - yet you seem to recall having ordered a blue one.
6. You find yourself doing all the work, although you thought this was supposed to be a group project.
7. You are eating a very overcooked steak but you had ordered your steak medium rare.
8. For some reason your husband doesn't seem to get the hint that you are angry. I guess he isn't noticing the heavy sighing, the banging dishes and those ice cold glares directed at him.
9. Once again your sister is criticizing how you parent your children. It seems that you can never do anything right.
10. It has been over two years and your neighbour still hasn't repaired your fence that he knocked down with his truck.