

What About Me, What Do I Want? Becoming Assertive

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- The 4 communication styles
- Testing your communication IQ
- Beginning your journey to becoming assertive

What keeps you non-assertive?

- How did you learn to be non-assertive?
- How do you keep yourself non-assertive today?
- What prevents you from being assertive?
- Self-esteem and assertiveness

Do you believe in being assertive?

- What are your beliefs that keep you non-assertive?
- Self-talk
- The world does not revolve around you
- Are you afraid of appearing selfish?
- A bill of assertive rights

What are your obstacles to becoming assertive?

- Feelings, they're nothing more than feelings.
- What's the worse that could happen?
- Yes, and then what?
- Whose problem is it anyway?
- Being assertive is a choice
- If not now, when?
- That's their choice.
- Making excuses

What else do I need to know about being assertive?

- Assertiveness can be people-specific and/or situation-specific
- Assertion self-assessment table
- What about me, what do I want?
- Ideas to keep in mind

How do I become assertive?

- How assertive are you already?
- Expressing yourself assertively
- The beginnings of assertive communication
- Sample assertive responses
- Tips for dealing with challenging situations
- Saying "no"
- Setting boundaries

Accepting compliments
Avoiding playing the victim
That is not about me
Don't try to argue someone out of his/her opinion
Avoid being a mind-reader
Dealing with criticism
Perhaps...
Avoiding keeping score
The blame game
That's not my problem
If you could do it differently...

What do I need to remember about being assertive?