

Being Assertive

I respect myself and others when I express myself clearly and honestly.



I can speak for myself

I can say what I think, feel, need or want when it is appropriate. I do not have to keep quiet or bottle things up until frustration becomes too much.



I can say no and choose for myself

Saying no to something I do not want or that is not right for me is my right. Another person may prefer a different answer, but I do not have to give in.



I can communicate my limits

Other people cannot know my limits unless I tell them. I can say when I am overloaded, when something does not work for me, or when I need to stop. Clear limits help both me and others make realistic choices.



I can be clear and steady without intimidating someone.

I can speak in a normal, calm tone without shouting, threatening, intimidating or crowding someone. I can be direct while respecting their personal space and dignity.



I can allow room for disagreement.

Expressing myself is not about proving I am right or forcing agreement. I can state my view clearly and respect another person's different opinions, values, preferences or answer.



I do not have to say yes to be liked

Going along with everything does not guarantee being liked, loved or approved of; never stating what I want can also create frustration. I can value a relationship without giving up my position.



Assertiveness respects both people.

My needs and opinions matter without being more important than someone else's. Being assertive means being honest and true to myself and others, while giving and receiving respect.



I may not get the outcome I want - and that is OK

Speaking up respectfully cannot control another person's answer or guarantee the outcome I hoped for. I can express my position clearly and still respect myself if the answer is different.