
Confidence & Assertiveness

Assertiveness

Assertiveness is a kind of confidence, as it is a way of behaving that helps people clearly communicate their:

- Needs/Think
- Wants
- & Feelings

Without hurting anyone else. Assertiveness takes time, patience and effort. It doesn't "just happen". You need to choose to be assertive.

When you respond you have three options, to be: **Aggressive** - **Passive** - or to be **Assertive**.

How Assertive are You?



Passive



Assertive



Aggressive

An Aggressive Response

This comes from feelings of:

- Anger
- Frustration
- Guilt and
- Bitterness.

These can lead to behaviours such as:

- Blaming
- Threatening
- Fighting and standing up for your rights in unhelpful ways.
- The outcome is usually someone's humiliation or upset feelings.

A Passive Response

This comes from feelings of:

- Helplessness
- Anxiety
- Disappointment and
- Resentfulness.

They can lead to behaviours such as:

- Giving up what is yours.
- Doing what you are told regardless of how you feel.
- and Being Apologetic.

The outcomes are: You don't get what you want, anger and feelings of isolation develop.

An Assertive Response

This comes from feelings of:

- Confidence
- Self control and
- Maintaining respect for yourself and others

They can lead to direct and honest behaviours that allow you to stand up for yourself while respecting others.

The outcomes are: Good results without feelings of anger, self respect and others feel respected too.

Tapping into your sunnyside!

Assertiveness

The key to assertiveness is clear, open and honest discussion that does not blame, ridicule or put other people down. A way of saying things in an assertive way is to use the following formula:

1. **I feel....** (eg. hurt, embarrassed, angry, etc. - this must be what you *feel* [a feeling], not what you *think*)
2. **When you....**(don't do the chores, kick my dog, call me stupid)
3. **Because.....**(It seems like you take advantage of me, I don't know what is going on, etc.)
4. **I would like/Let's/How can you resolve this?.....**(talk to me about it, if you didn't keep treating me that way, I want to be supported in my decisions, etc.)
5. **What do you think?/What do you see?**

Relationship Scenarios

Watch this video and then look at some scenarios in pairs/small groups and work out an assertive response for each one.

<https://www.youtube.com/watch?v=uaiqd9I1iXc>

or

<https://www.youtube.com/watch?v=OiuWozOBCpE&t=28s>