

EXPRESSIONS OF ASSERTIVENESS

Confidence in being clear about how we feel and being committed to be helpful and supportive of others

Ability to express dissatisfaction, concern, upsets, including the ability to stand up for one's rights, to say "No" to the requests of others and delimit one's boundaries

Being genuinely empathic to ourselves and others to understand the roots of our conflicts.

Being open to the helpfulness of others.

Taking the lead in praising others and acknowledging their helpfulness. Expressing appreciation and gratitude without feeling undermined.

Initiating an opinion or positive choice and being prepared for others to disagree without feeling attacked or undermined; the acceptance of difference.

Recognizing that what hurts might be our interpretations of what has been said rather than what has actually been said.

Acknowledging and admitting one's limitations or mistakes without feeling personally undermined. Being assertive gives us confidence to be human.

Trying to understand our own minds and the minds of others.