

6 STEPS

ASSERTIVENESS SKILLS TRAINING

Step 1

Understand assertiveness

Differentiation between non-assertiveness, passive-aggressiveness, aggressiveness and assertiveness



Step 2

Self-awareness

Understands your own character, feelings, values, motives, and desires. Your communication style.



Step 3

Communication

Learn what is socially appropriate behaviors for self-expression of feelings, attitudes, wishes, opinions, and rights.



Step 6

Real life practice

Extend your new skills into real life situations outside of therapy/training, and report your progress.



Step 5

Practice session

Modeling, behavior rehearsal, systematic feedback and coaching, Homework assignments.



Step 4

Skills training

Specific verbal and nonverbal behaviors, Anxiety reduction, Cognitive restructuring.



Assertiveness Training Manual

Rosina Ehmann



Assertiveness Training Manual:

Whispering the Secrets of Language: An Mental Quest through **Assertiveness Training Manual**

In a digitally-driven earth where screens reign great and instant connection drowns out the subtleties of language, the profound strategies and emotional subtleties concealed within phrases usually move unheard. However, nestled within the pages of **Assertiveness Training Manual** a fascinating fictional prize pulsating with fresh thoughts, lies an exceptional journey waiting to be undertaken. Written by an experienced wordsmith, this wonderful opus invites readers on an introspective journey, softly unraveling the veiled truths and profound influence resonating within the cloth of each word. Within the mental depths with this emotional review, we will embark upon a genuine exploration of the book is key subjects, dissect their fascinating publishing model, and yield to the strong resonance it evokes deep within the recesses of readers hearts.

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Assertiveness Training Manual Introduction

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