# Asserting Yourself

## Definition: What is Assertiveness and what does being Assertive mean?

- "expressing personal rights and feelings."
- "an attitude and a way of acting in any situation where you need to:
  - express your feelings
  - ask for what you want
  - say no to something you don't want

### Why is it important to be assertive?

- how you interact with others can be a source of considerable stress in your life.
  - Can alleviate stress and make you feel more relaxed.
  - Develop self-respect and self-worth.

## **Asserting Yourself Asserting Yourself**

Merna Dee Galassi, John P. Galassi

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