

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

Zhe Xu



Assertiveness Training Manual:

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