

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.

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Rae A. Stonehouse



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