

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

Sandy Leong



Assertiveness Training Manual:

Embracing the Tune of Expression: An Mental Symphony within **Assertiveness Training Manual**

In some sort of taken by screens and the ceaseless chatter of fast interaction, the melodic beauty and emotional symphony developed by the prepared word usually fade in to the background, eclipsed by the persistent sound and disruptions that permeate our lives. Nevertheless, located within the pages of **Assertiveness Training Manual** a stunning fictional value brimming with fresh feelings, lies an immersive symphony waiting to be embraced. Crafted by a wonderful musician of language, that interesting masterpiece conducts viewers on a mental journey, well unraveling the hidden tunes and profound affect resonating within each carefully constructed phrase. Within the depths of this moving review, we will explore the book is key harmonies, analyze its enthralling writing model, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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