

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

M Lipman



Assertiveness Training Manual:

Eventually, you will utterly discover a new experience and completion by spending more cash. nevertheless when? realize you acknowledge that you require to get those all needs once having significantly cash? Why dont you try to acquire something basic in the beginning? Thats something that will lead you to understand even more on the subject of the globe, experience, some places, subsequently history, amusement, and a lot more?

It is your categorically own time to perform reviewing habit. accompanied by guides you could enjoy now is **Assertiveness Training Manual** below.

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