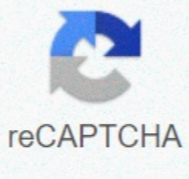




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How to be assertive in any situation pdf

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Take control and guide the life you want to live. You say yes when you mean no? Avoid conflicts and clashes? Are you making decisions? What if I could answer all these questions with confidence? With how to be assertive in any situation you can. Discover the techniques of change of life to help you express your needs openly and calmly; sets boundaries and addresses expectations, demands and criticism; make clear decisions without ever feeling anxious. Challenge your fears, cultivate self-confidence and guide your life in the direction you want to go. *Practical, help. Reliability is a healthy way of communicating. It is the ability to speak for ourselves in an honest and respectful way. Every day, we are in situations where assertive being can help us - how to make someone on an appointment, approach a teacher with a question, or do well on a job or university interview. Being assertive does not come naturally to everyone. Some people communicate in a way too passive. Other people have too aggressive style. An assertive style is the happy means between these two. This is what it means to be assertive: You can give an opinion or say how you feel. You can ask what you want or need. You may not agree with respect. You can offer your ideas and suggestions. You can say no without feeling guilty. You can talk to someone else. Why does it suck? An assertive communication style can help us do the things we want to do. But it goes further: to be assertive shows that we respect ourselves and other people. People who speak assertively send the message they believe in themselves. They're not too shy and they're not too spiny. They know that their feelings and ideas are important. I'm confident. People who are assertive tend to make friends more easily. They communicate in a way that respects the needs of others, as well as theirs. They tend to be better at solving conflicts and disagreements. The respectable people get respect in return. Too passive? Too aggressive? Or right? How do you know where you're going to fall on the asset scale? Here are some examples: Paula has a very passive style. If you ask Paula what movie she wants to see, she's very likely to say: "I don't know, what do you want to see?" He usually allows others to decide things, but later he regrets not to say what he wanted. It bothers her that her friends do most of the talking. But when Paula tries to get into the conversation, she talks so gently that others talk about her without realizing herself. Janine has a way too aggressive. Janine has no problem talking about her mind. But, when he does, he comes out loud and opinionist. Janine dominates the conversation, often interrupts, and rarely listens. If she doesn't agree with her, she lets you know - usually with sarcasm or a putdown. She's got theto be a leader and insensitive. Ben has an assertive style. When you ask Ben's opinion, he gives it if it doesn't agree with you, you will say "but in a way that doesn't put you down or will make you feel bad. Ben is also interested in your opinion. Listen what you need to say. Even when well is not D Agreement with you, you still feel that respect the á €

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