

The 12 Rules Of Assertiveness

I have the right to:

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| 1 Respect myself | – who I am and what I do |
| 2 Recognise my own needs as an individual | – separate from what's expected of me as a mother, wife or partner |
| 3 Make clear 'I' statements about how I feel and what I think | – for example 'I feel uncomfortable with your decision' |
| 4 Allow myself to make mistakes | – it's normal |
| 5 Change my mind | if I choose to |
| 6 Ask for 'thinking about it' time | – when people ask you to do something, you have the right to say 'I'd like to think it over. I'll let you know by the end of the week.' |
| 7 Allow myself to enjoy my successes | – being pleased with what I've done and sharing it with others |
| 8 Ask for what I want, | rather than hoping someone will notice what I want |
| 9 Recognise that I am not responsible for the behaviour of other adults | or for pleasing other adults all the time |
| 10 Respect other people | and their right to be assertive and expect the same in return |
| 11 Say 'I don't understand' | so you make sure you work out what is happening |
| 12 Deal with others | without depending on them for approval |