

What is assertive communication?

- Standing up for your rights in such a way that the rights of others are not violated.
- Expressing your personal likes and interests spontaneously.
- You can talk about yourself without being self-conscious.
- You can accept compliments comfortably.
- You can disagree with someone openly.
- You can ask for clarification.

What is assertive communication?

- You can say no or set limits.
- You can be relaxed in interpersonal situations.
- Knowing that you have a right to protect yourself when something seems unfair.
- Knowing that you have a right to your feelings, beliefs or opinions.
- You are equal to others and treat others as equals.