

## Additional tips for assertive communication:

- Shift your goal from “The other person must validate what I am saying for this communication to be worthwhile” to “If I am clear & direct and do a good job with my communication, I’ve done what I set out to do” (keep in mind that the other’s validation is icing on the cake!)
- Practice with least threatening person first and build up to more threatening individuals or situations in your life.
- Make a plan.
- Remember to use your TR if you find yourself procrastinating.
- It takes practice to refine anyone’s communication skills.