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.