

Jamison: Patient Education and Wellness

HANDOUT 14.14: TIPS FOR BEING ASSERTIVE

Be assertive by:

- ☐ standing up for your rights. This includes the right to:
 - say 'no'
 - say 'I don't know'
 - make mistakes
 - change your mind
- ☐ expressing yourself in a direct way. This includes:
 - feeling
 - thoughts
 - beliefs
- ☐ taking a stand by:
 - making your own decisions
 - taking the consequences of your decision
 - respecting the rights and feelings of others
- ☐ focusing on fairness:
 - use the unselfish 'I'
 - avoid the accusatory 'you'