

Assertive Behavior is defined as a skill or character trait that is characterized by confidence and positive affirmation of a person's rights. It is established without threatening or manipulating the rights of others.

- Characteristics of Assertive behavior -

Self-confident & Courageous

Immense respect for 'self' & others

Freely expresses ideas, thoughts



Less angry-prone & more reasonable

Good listeners

- How to be more assertive -



Positive self-talk



Engage in honest communication



Practice active listening



Be calm & serene



Speak direct & say 'no' when needed



Embrace compliments & criticisms

30 Minutes To Selfconfidencehow To Be Assertive

Thirumalaisamy P.
Velavancorresponding



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