

ASSERTIVENESS

DEFINITION

Assertiveness is the ability to express feelings, opinions, needs, and desires in a direct, honest, and appropriate manner. It lies between passive and aggressive communication, ensuring that you stand up for your rights without violating those of others. Being assertive allows you to set constructive boundaries.

EXAMPLES

- **Setting Boundaries:** When a boss emails you after work, you might need to assert your right to personal time (and say you're not on the clock!)
- **Declining Politely:** When invited to an event you are not interested in attending, you might need to assert your feelings rather than turning up just to be polite.

Becoming Assertive

C Cleary



Becoming Assertive:

Unveiling the Magic of Words: A Overview of "**Becoming Assertive**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Becoming Assertive**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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