

ASSERTIVENESS



BY:

EVA SELINGARDE

LAURA DE AMO

WHAT IS ASSERTIVENESS?

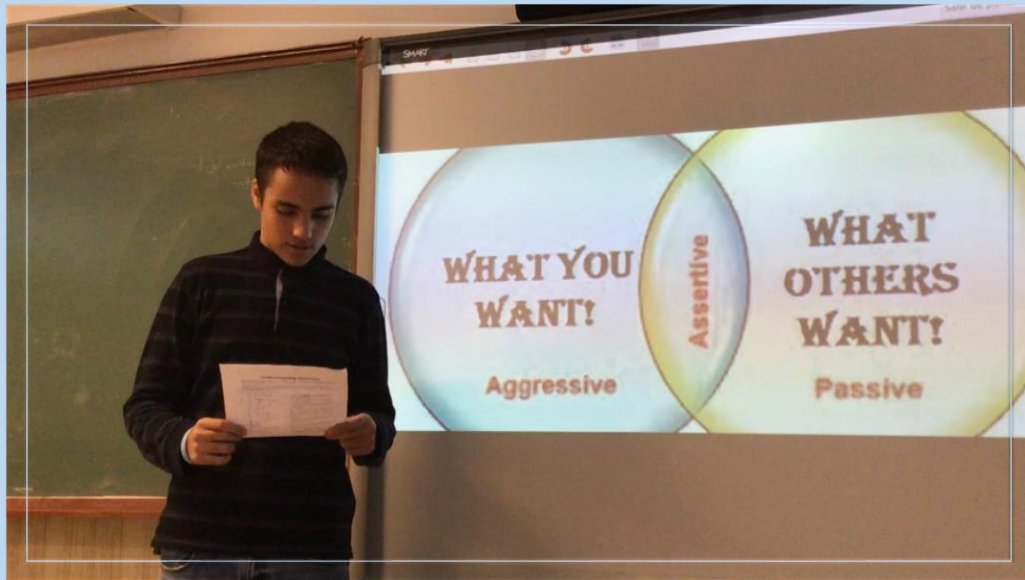
It is defined as the social ability to be clear, frank and direct, saying what one wants, without hurting the feelings of others.



In many cases we are not as assertive as we should be, we let others treat us like doormats or we are too aggressive.

AGGRESSIVE

Here are some situations in which people were too aggressive.



PASSIVE

Here are some situations in which people were too passive.



CONCLUSION

We should think twice before doing or saying something and try to be more assertive, so we won't neither be aggressive nor feel like a doormat.

**YOU HAVE THE RIGHT TO CHANGE YOUR MIND!
YOU HAVE THE RIGHT TO MAKE MISTAKES — AND BE
RESPONSIBLE FOR THEM.
YOU HAVE THE RIGHT TO SAY NO, WITHOUT FEELING
GUILTY!**