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12. Other people have the right to all of the above.

Three steps to assertive behavior

1. Identify the behavior that concerns you: e.g., "when you put me down about the way I look..."
2. Identify your feelings about the behavior: e.g., "I feel angry and deflated..."
3. Say what you want to happen: e.g. "and I would like you to consider my feelings and not do it again."

Suggested Reading on Assertiveness

Assertiveness Step by Step

Windy Dryden and Daniel Constantinou, Sheldon Press

Your Perfect Right

Alberti, R.E. and Emmons, M.L Impact

A Woman in Your Own Right

Dickson