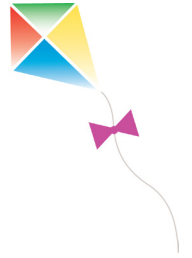


12 Rules of Assertion



I can:	Do you believe this rule is true?		Have you applied this in the last week?	
	Yes	No	Yes	No
Respect myself				
Recognise my own needs as an individual independent of others				
Make clear 'I' statements about how I feel and what I think, for example, 'I feel very uncomfortable with your decision'				
Allow myself to make mistakes				
Change my mind				
Ask for 'thinking about it time'				
Allow myself to enjoy my successes				
Ask for what I want, rather than hoping someone will notice what I want				
Recognise that I am not responsible for the behaviour of others or for pleasing others all the time				
Respect other people and their right to be assertive and expect the same in return				
Say I don't understand				
Deal with others without being dependent on them for approval				

You can put these rights into practice to develop assertiveness skills by using the different assertiveness techniques.