

THE 12 RULES OF ASSERTIVENESS

I HAVE THE RIGHT TO:

1 RESPECT MYSELF	– who I am and what I do
2 RECOGNISE MY OWN NEEDS AS AN INDIVIDUAL	– separate from what's expected of me as a mother, daughter, wife, partner
3 MAKE CLEAR 'I' STATEMENTS ABOUT HOW I FEEL AND WHAT I THINK	– for example 'I feel uncomfortable with your decision'
4 ALLOW MYSELF TO MAKE MISTAKES	– it's normal
5 CHANGE MY MIND	if I choose to
6 ASK FOR 'THINKING ABOUT IT' TIME	– when people ask you to do something, you have the right to say 'I'd like to think it over. I'll let you know by the end of the week.'
7 ALLOW MYSELF TO ENJOY MY SUCCESSES	– being pleased with what I've done and sharing it with others
8 ASK FOR WHAT I WANT,	rather than hoping someone will notice what I want
9 RECOGNISE THAT I AM NOT RESPONSIBLE FOR THE BEHAVIOUR OF OTHER ADULTS	or for pleasing other adults all the time
10 RESPECT OTHER PEOPLE	and their right to be assertive and expect the same in return
11 SAY 'I DON'T UNDERSTAND'	so you make sure you work out what is happening
12 DEAL WITH OTHERS	without depending on them for approval

