

## Assertiveness is...

### Being OK

I'm OK

No one else can  
push me into the  
not-OK box

Take risks:  
failures are not  
personal

It's OK to change  
your mind

Mistakes: let go

Mistakes: admit,  
learn

It's OK to enjoy  
your successes

Respect  
Yourself

### Rights

Stand up  
for your  
own rights

Recognise  
your own needs:  
Ask for what  
you want

Respect  
the rights  
of others

You have the  
right to walk  
away from the  
problems of others  
if you choose to

### Expression

Express your  
feelings

You don't have  
to justify how  
you feel

Express your  
opinions

Persist -  
You have the right  
to be heard

### Responsibility

Take  
responsibility for  
your emotions  
and actions

Take  
responsibility for  
your situation and  
change it if you  
want to

Let others  
take responsibility  
for their own  
emotions  
and actions

We teach  
each other  
how to treat us