

**ASSERTIVENESS IS HARD WHEN  
THERE IS DOUBT IN YOUR POSITION**



# Reasonable vs. Unreasonable

- Unreasonable is easy to spot and relatively easy to explain to a reasonable person
- Reasonable is slightly harder to see - both sides have a point
- Where/how do you draw the line? How much do you insist, give, or ask?



# Reasonable Situation Example

- People playing catch - one person slightly misses and the other person fumbles it - whose fault is it?
- Reasonable individuals will both see their fault, offer an apology, and work out future adjustments
- But often, people immediately blame the other, tell the other how bad they are, and decrease their confidence, self-worth, and identity



# Where To Draw The Line?

- Rashly reacting can be more errant and escalate the conflict
- Reacting too slowly can make you a passive observer in your own unfair blame
- Some regret of how you would ideally handle a situation is always present



# Regaining Confidence

- Long-term, think for yourself of your own qualities and value in the situation
- Were you given a fair chance? Does the other person even know what they are talking about?
- Fully ignoring feedback is also wrong - synthesize their point with yours, choose what's best for you, and work to be the best of all worlds long-term



# Takeaway

- You can't control the actions of others
- But you can control that you keep improving
- The other person catching may not be there in the future, but you can throw better and better

