

Examples of assertiveness

Q: Can you please work this weekend?

A: I've worked a number of weekends this year, more than most people on our team. I also regularly stay late and come in early on most days. So working an extra weekend would push my work week to 60 hours per week where the company culture tends to average around 45 hours per week. The extra workload and sacrifice has caused me to stress out, miss time with family and even caused some strain there, and I want to avoid burnout (which can make things worse).

Would it be possible to have other teammates catch up to my hours instead of me working even more? Or perhaps to extend the deadline? Or perhaps you could suggest an alternative?

Setting limiting beliefs: It's my daughter's birthday and I have to organize everything. I have planned a long weekend getaway with my wife and will be out of town. I have a dentist/doctor appointment on Saturday and it will be a complicated procedure so I am not sure how I'll feel after. Volunteering at a community event.