

ASSERTIVENESS AND LIMITING BELIEFS



What Are Limiting Beliefs?

- Thinking that a person will get angry or not like you if you assert yourself - this limits options + creativity
- It creates a barrier for you and you don't give feedback, don't make your point, or be assertive
- It may not be true and you can create a limiting belief in their mind by explaining your needs and limits



Examples

- I am new at this (and I don't know how to do XYZ) or I am not a graphic designer
- I am not able to provide that option or I don't offer that service
- My limit is a certain budget, capacity, number of hours, size, date, time

