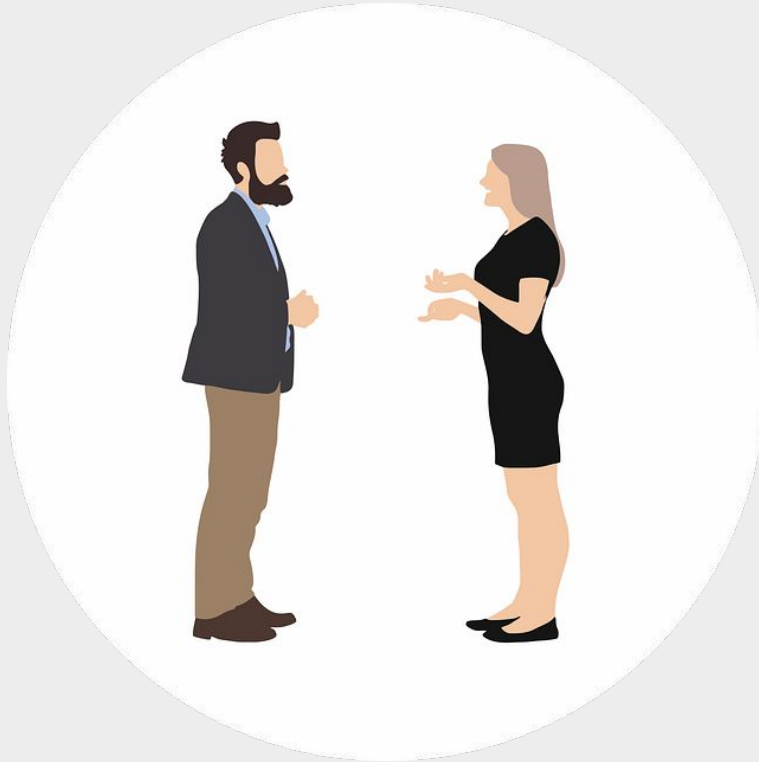


ASSERTIVENESS IS NOT AN OPTION



It's A Matter Of When, Not If

- It is better for others if you are assertive with them because it helps them understand your situation
- So won't be passive-aggressive later and are not resentful or hurt
- The other person may be crossing boundaries because they may not know what the boundaries are



More Benefits

- No feelings of hidden agendas or misunderstandings
- Gets the other person to help you instead of derail you
- Strengthens the relationship

