

GUIDELINES FOR **ASSERTIVENESS**

LEARN TO STAND YOUR GROUND



WHAT IS ASSERTIVENESS?



Assertiveness is behaviour that enables you to act in your own best interest, to stand up for yourself, without undue anxiety, to express your honest feelings comfortably, or to exercise your personal rights without denying the rights of others.

As an assertive individual you understand that people are all different, interpret and experience life differently and will therefore have opinions and preferences that may differ from yours. Should people disagree with you or you disagree with them, it does not make anybody right or wrong - it just means you are different.

Assertiveness recognises these differences and treasures them to the point where you can agree to disagree.

**“ ASSERTIVENESS ALLOWS YOU TO BE A
FREE ADULT”**



BOUNDARIES

Setting boundaries is part of being assertive. It's also a safe way of protecting your self-worth.

A boundary is a limit, or space, between you and another person; a clear place where you begin and the other person ends. Think of it as a fence in your backyard. You are the gate keeper and get to decide who you let in and who you keep out, who you let into the whole back yard, or who you let just inside the gate.

A boundary also marks those things for which we are responsible. In other words, boundaries also define who we are and who we are not.

YOUR RELATION TO OTHERS IN BOUNDARY TERMS



YOU & YOUR YARD



THE OTHER PERSON AND HIS/HER YARD

Each person is responsible for what is inside his/her yard (within your boundaries).

Your responsibilities end where your yard ends. Nobody can climb over your 'fence' without your permission; people can ask and you can decide if you are opening the gate to your yard for them or not. The same applies to you: you are not responsible for what is inside other people's yards. You have the choice to assist them in their yard, but if they do not appreciate your assistance and are taking advantage of you, stay out of their yard!

**"ONLY GO WHERE YOU ARE
CELEBRATED"**

WHAT IS IN YOUR YARD?

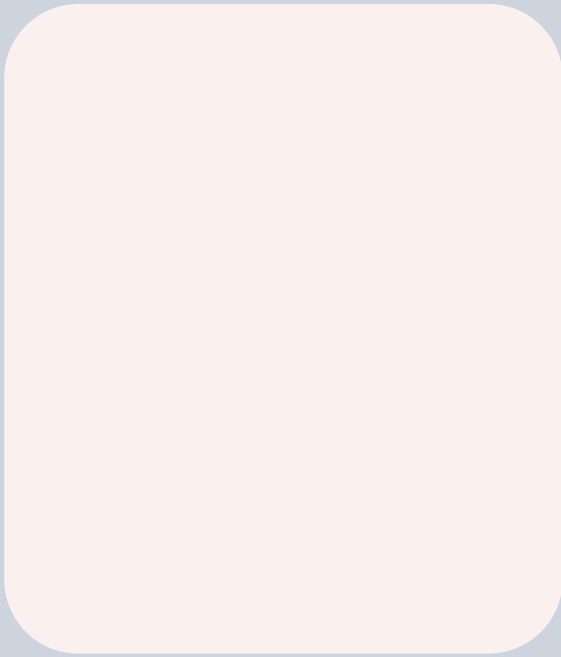


To be effective and successful in setting and honouring your boundaries, you need to know exactly what is inside your yard and what you will allow and tolerate.

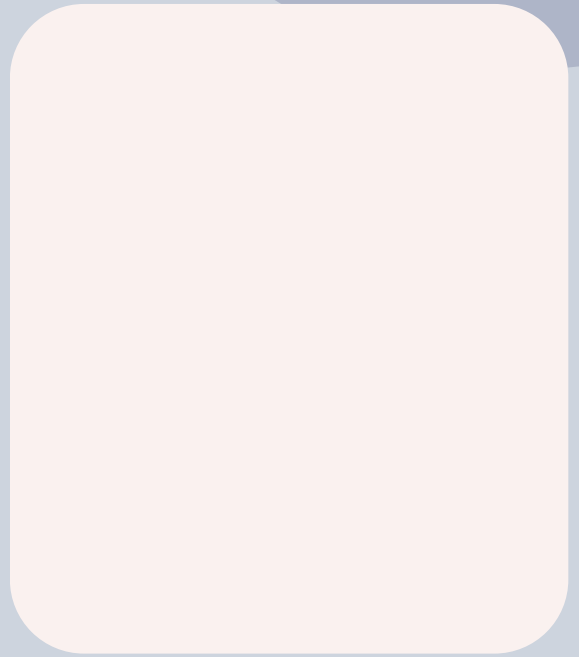
Grab your pen and journal/notebook and answer the questions on the following pages to get clarity on where you begin and end, on who you are, and on what you want to protect.

THE IMPORTANT THINGS IN MY YARD THAT DETERMINE MY BOUNDARIES.

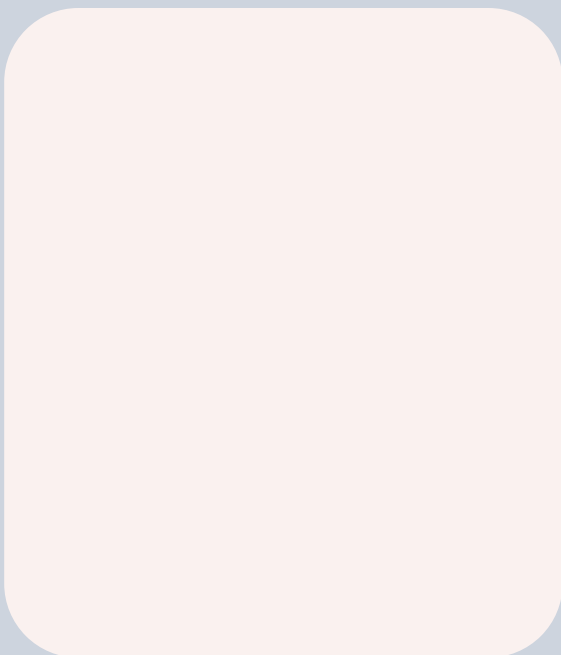
MY CHARACTERISTICS



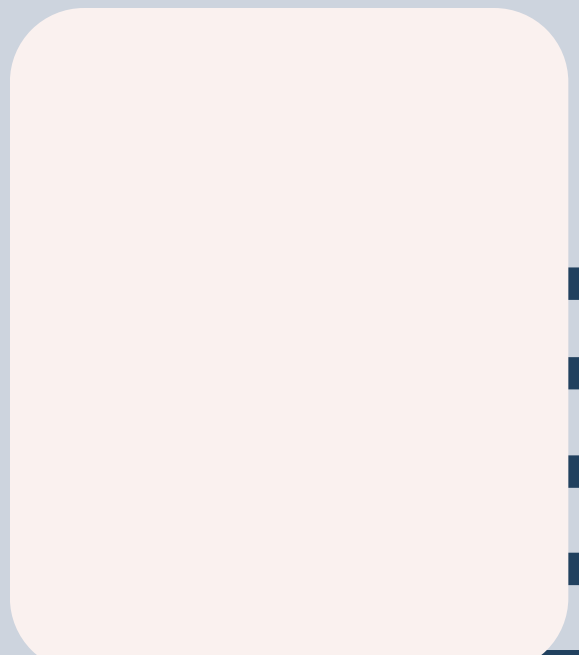
MY ABILITIES & TALENTS



MY LIKES



MY DISLIKES





WHAT I WILL ALLOW AND NOT ALLOW

A large, light blue rounded rectangular box for writing.

WHAT I WILL SACRIFICE AND NOT SACRIFICE

A large, light blue rounded rectangular box for writing.

HOW MUCH I WILL TOLERATE

A large, light blue rounded rectangular box for writing.

WRITE A NOTE TO YOURSELF AND COMMIT TO BECOMING ASSERTIVE AND HONOURING YOUR BOUNDARIES. INCLUDE ANY ASSISTANCE YOU MAY NEED.



WHAT ARE YOUR NEXT STEPS?



Be aware of your emotions

When you feel resentment toward a request, it might be a sign that the request or the person who made the request is expecting you to do something that is not within your boundaries. Never ignore that resentment. Take a step back and review the situation before you give an answer.

Learn to say 'no'

Honouring a boundary is a good reason to say 'no', but it is not easy. The small word 'no' can cause feelings of guilt, fear of rejection and can be interpreted as rude.

If you would love to learn how to say 'no' without offending people and without guilt, send an email to Info@50ShadesofPink.co.za for information on the next "HOW TO SAY NO" workshop session.

BE ENCOURAGED

A favourite saying of mine is: “Magic does not happen overnight.”

Will it not be amazing if you could attend a workshop/lesson, wake up the next day, and ‘voila’, you can apply all your new-found knowledge with absolute ease?

The good news is that change is possible if you have a deep, sincere longing to grow into the woman you dream of, you just have to intentionally try, and try again, until the new information becomes part of your thinking - a new habit.

Limiting beliefs and low self-worth may stand in your way, or make it harder to change, so if you struggle to become assertive, I invite you to reach out. I know how hard that change is. I have been there, but persistence and support helped me to be where I am today... and I want the same joy and freedom for you.

I am here to assist you in whichever way you need. To contact me, or for more information about my Radiant Woman programs and offers, scan the code for my electronic profile.



**ALLOW ME TO INSPower (INSPIRE
AND EMPOWER) YOU TO GROW
YOUR CONFIDENCE SO THAT YOU
CAN PROSPER IN ASSERTIVENESS AND
JOY!**

Lianne

