

## **Assertiveness**



Giving feedback is one way to improve our assertiveness. By giving feedback to someone we are stating our opinion or belief. This is being assertive. Think through some scenarios in your life right now where you could practice being assertive by giving feedback in the following:

1. Give feedback to a friend, roommate or spouse about something they have said or done that has hurt your feelings or upset you.
2. Give feedback to a superior at work about a concern you have regarding the company.
3. Give feedback to a professor about something you think could help you and your fellow students learn better.

Controversial issues are also very difficult areas to apply assertiveness. In America, we generally think of religion and politics in the realm of “controversial issues.” You may be able to think of others. Try bringing up this area of controversy with your friend and seek to remain assertive while not being overly passive or aggressive.

Who is the Person (people)?

What is the issue?

What signs can I see that may indicate I am becoming aggressive? Passive?

If you became overly aggressive or passive, what triggered your response?

*(For further leadership development resources and opportunities, consult [www.ascend-international.com](http://www.ascend-international.com))*