

Strategies to be assertive!

Stop, breathe, refocus



Listen to yourself first



Respect yourself and others
(needs, feelings, tastes, values, rights)

Ask questions, gather information,
try to understand



Confront your fear
of displeasing others, say no



Demonstrate confidence
and courage



Use humour to defuse the situation
without trivializing it



Challenge preconceived notions
(don't buy into everything)



Give yourself time
before making choices



Communicate calmly
and honestly

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